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Davenport

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(54) **MULTI-PURPOSE EXERCISE BENCH WITH
VERSATILE RESISTANCE ACCESSORY**

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A63B 23/1218 (2013.01); **A63B 23/1227**
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2225/105; **A63B 2225/107**; **A63B 21/151**;
A63B 21/1245; **A47C 9/002**; **A47C 9/005**
See application file for complete search history.

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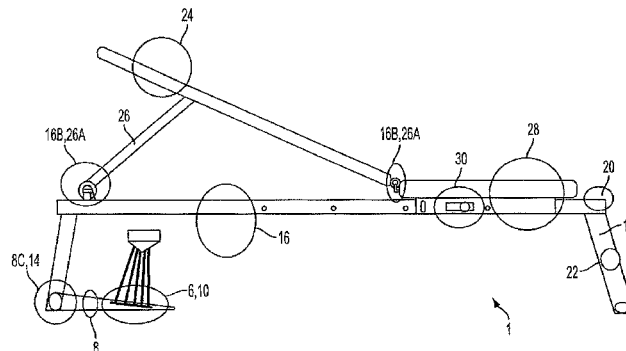
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(57)

ABSTRACT

A multi-purpose exercise bench having a versatile resistance accessory configurable for use to provide weight-training resistance in a variety of exercises is provided. A multi-purpose exercise bench comprises: an elongated frame configured to rest on a flat floor in a stable manner; a lower seat portion supported on the frame; a resistance accessory mounted to the frame, the resistance accessory comprising: a pad movably mounted to the frame to be movable between a first position and a second position; a locking mechanism operable to lock the pad in either of the first position and the second position; and a plurality of resistance bands attached to the pad.

22 Claims, 23 Drawing Sheets



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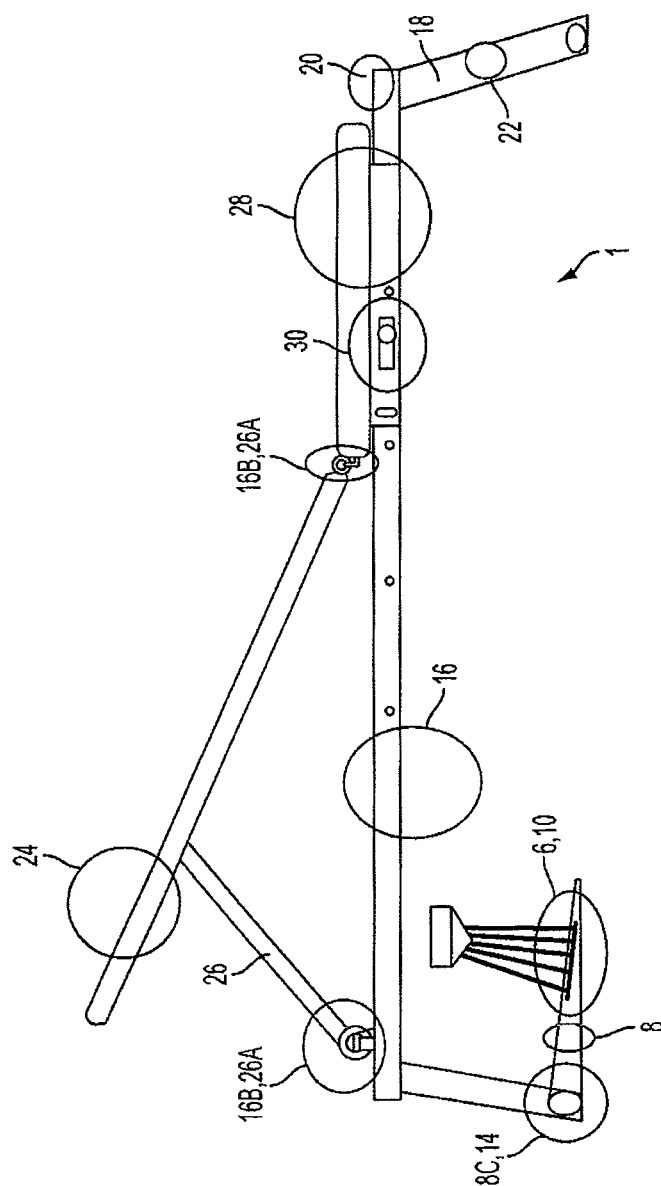
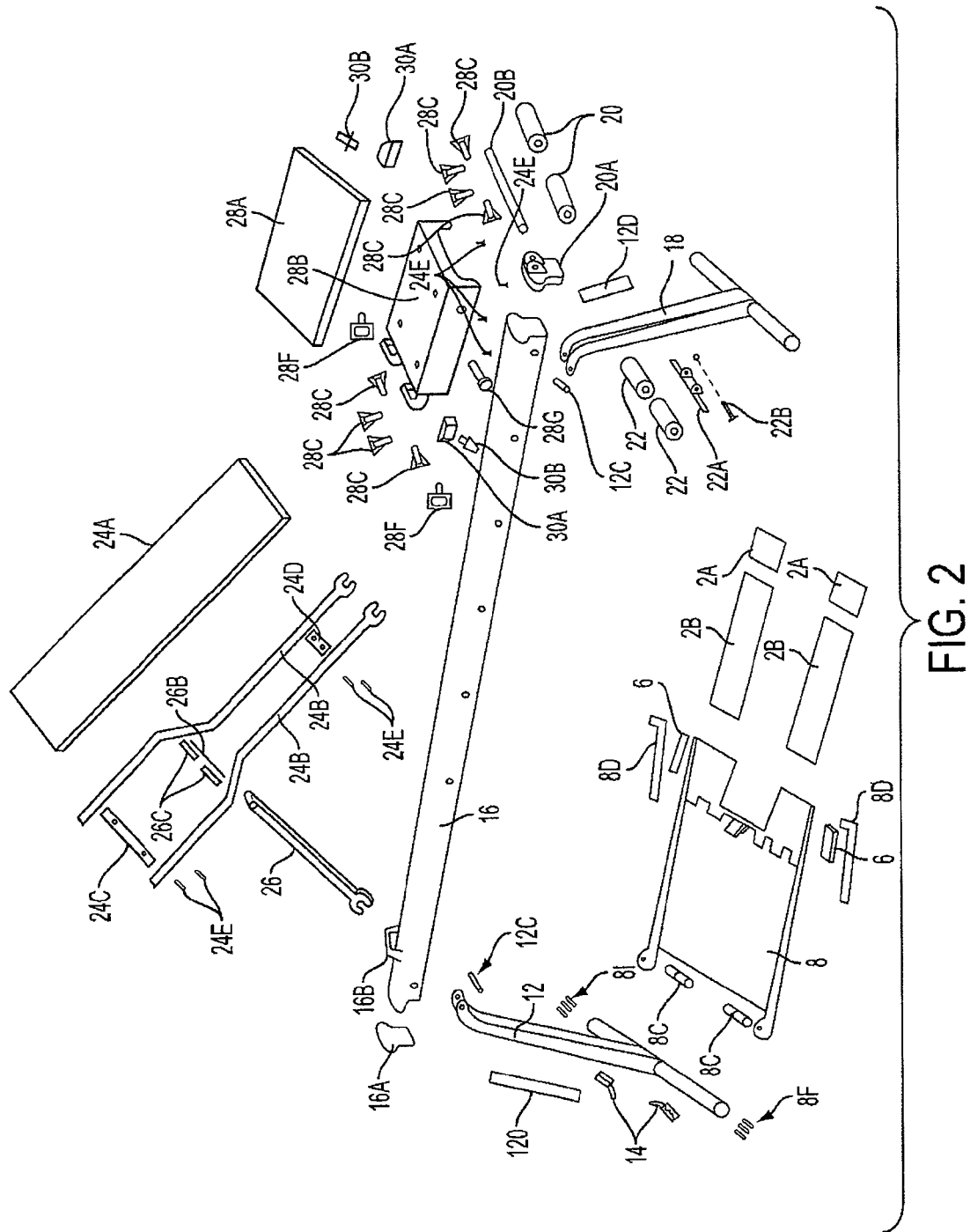


FIG. 1



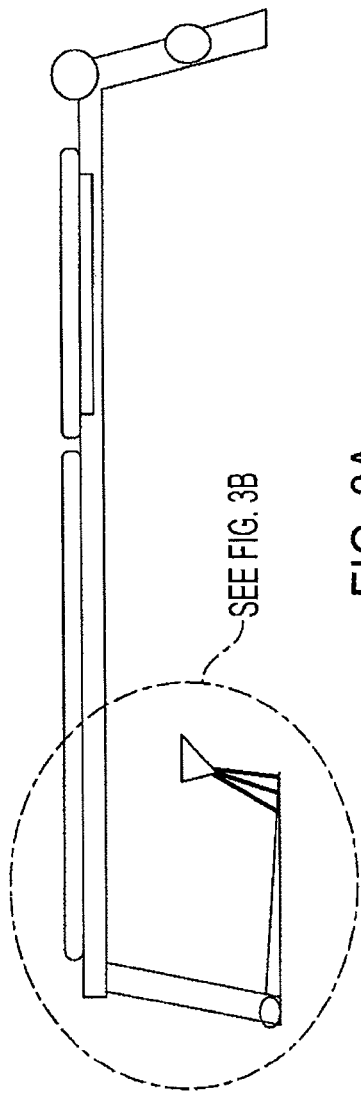


FIG. 3A

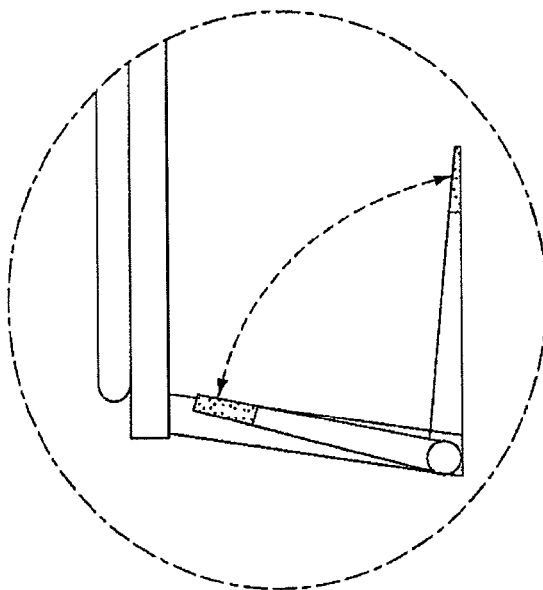


FIG. 3B

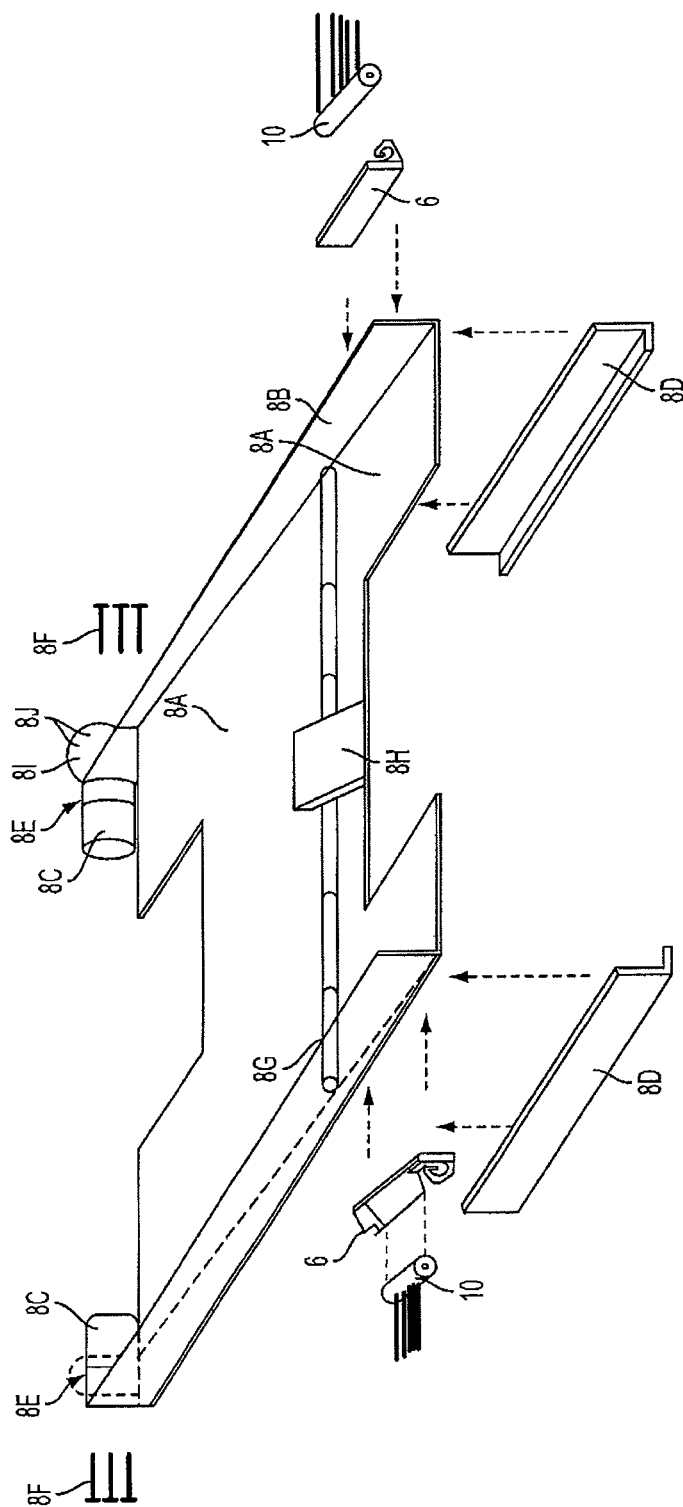
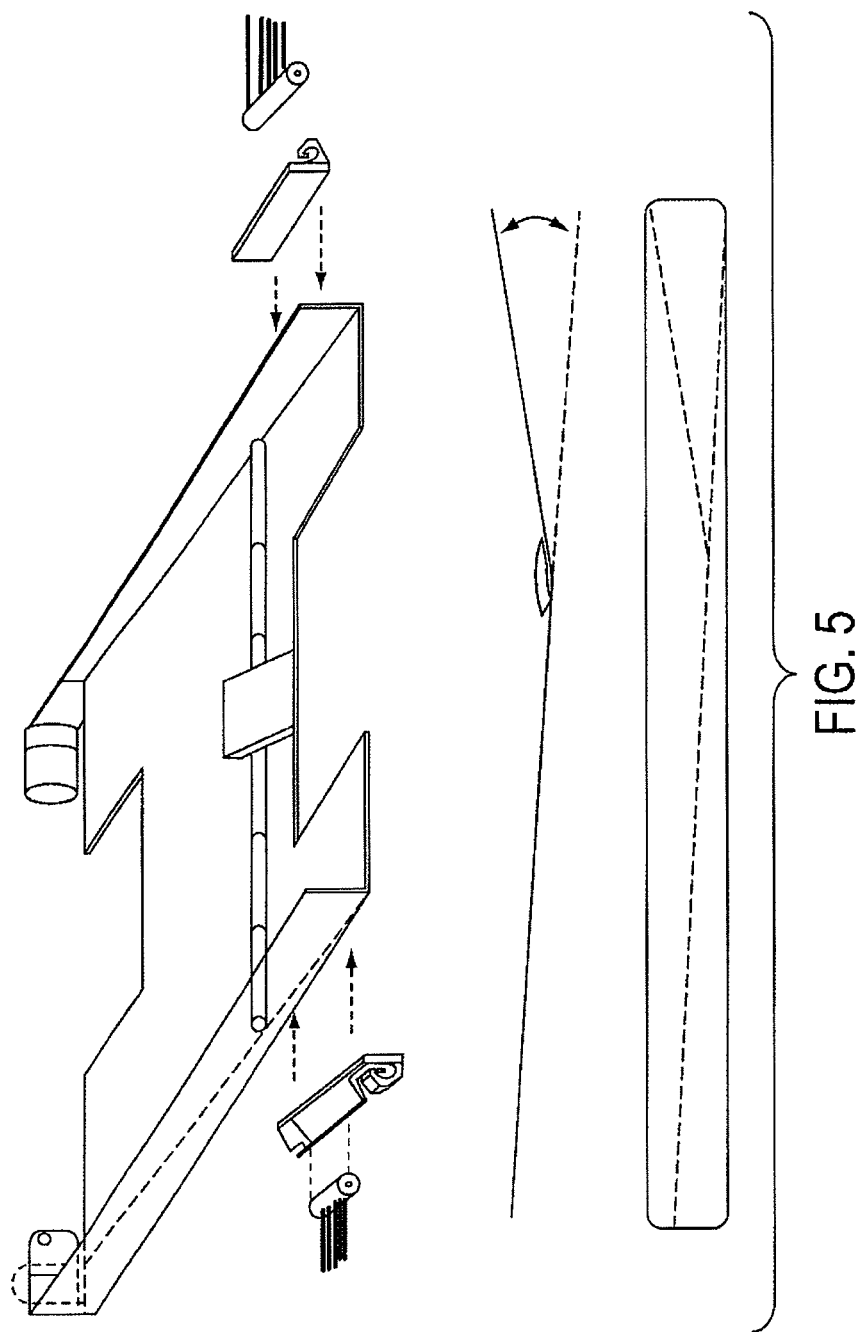
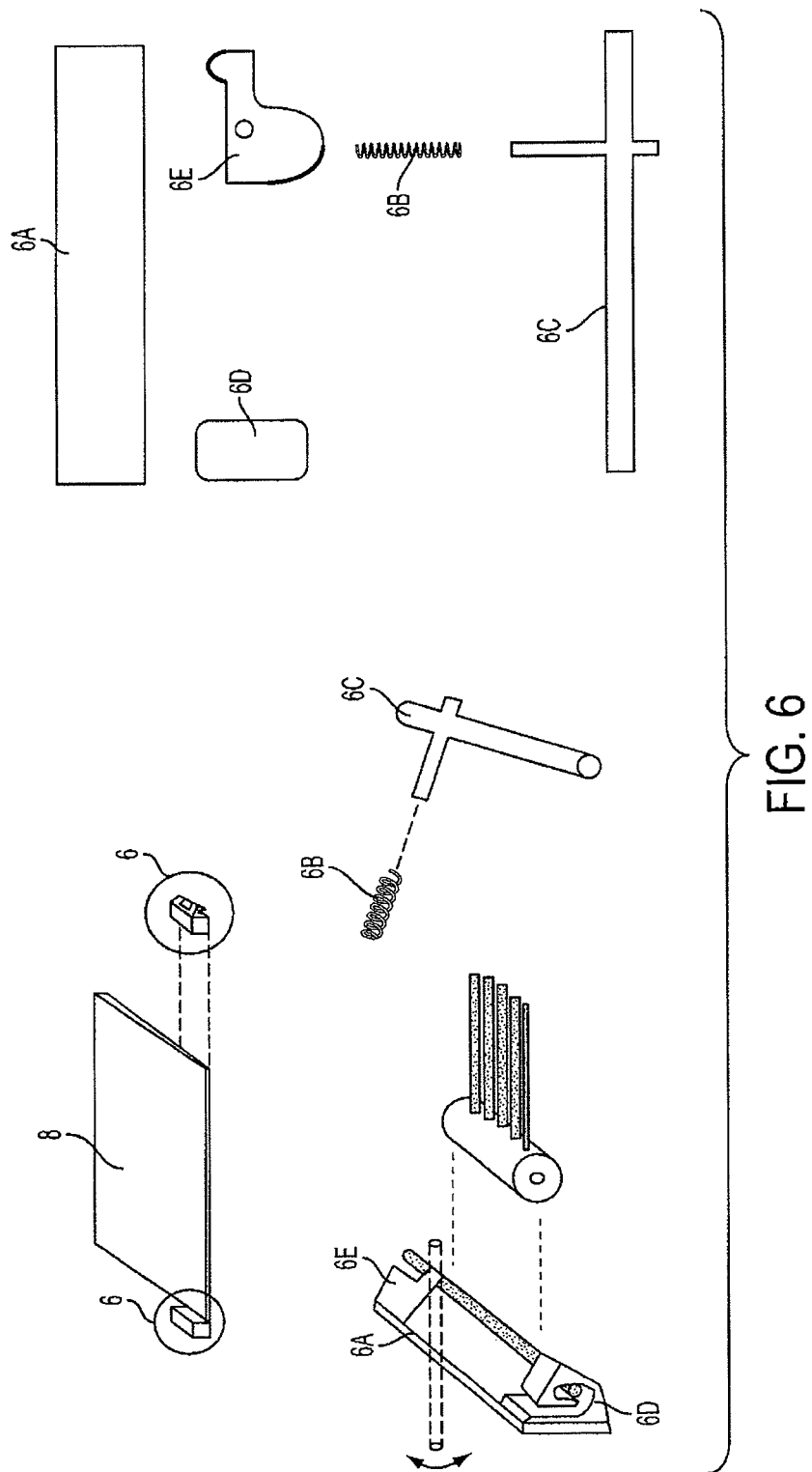
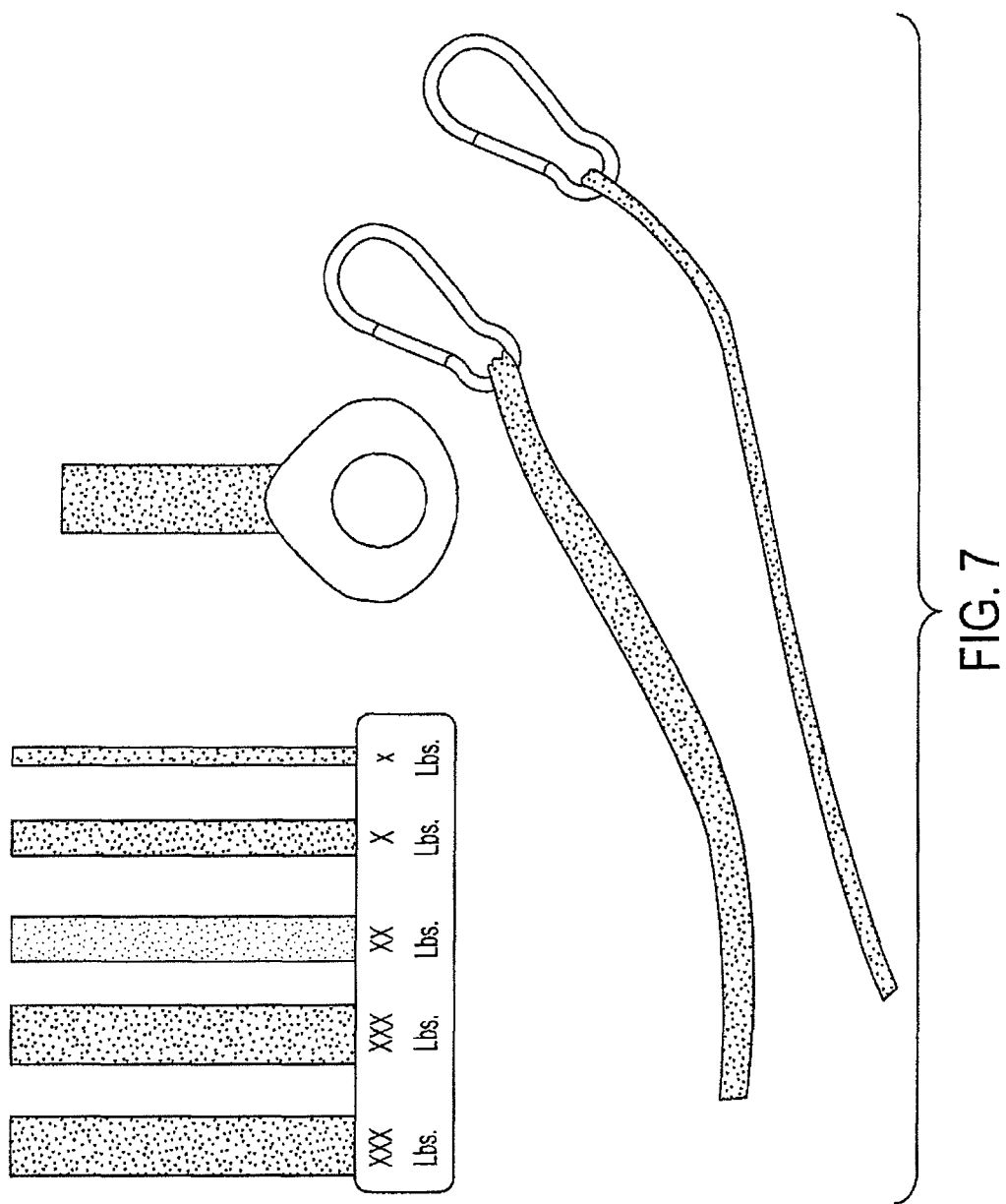
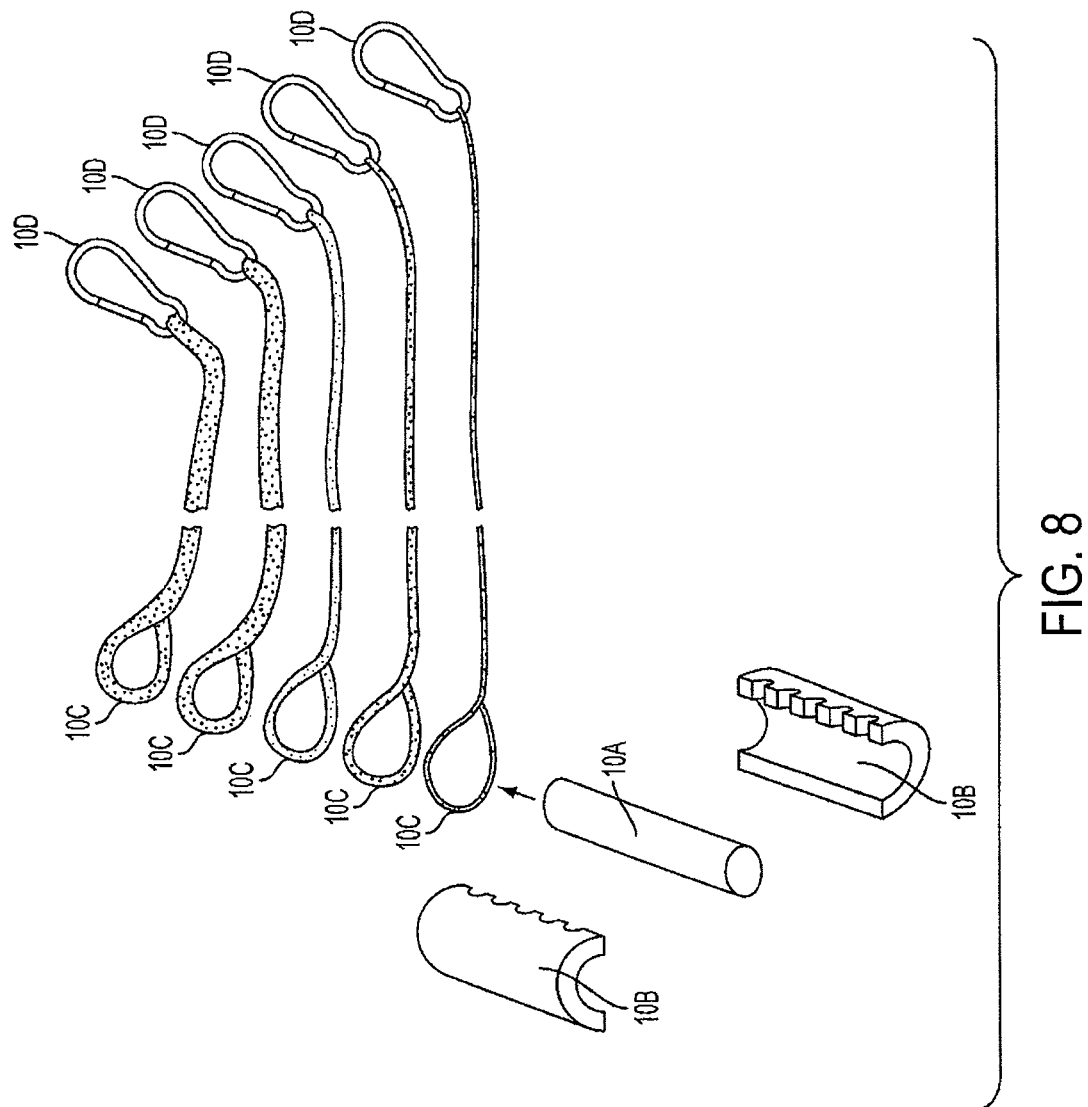


FIG. 4









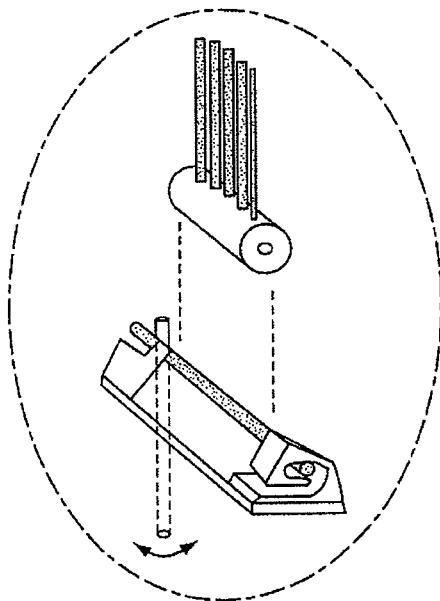
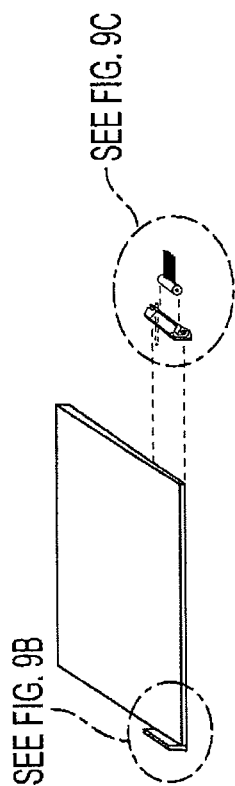
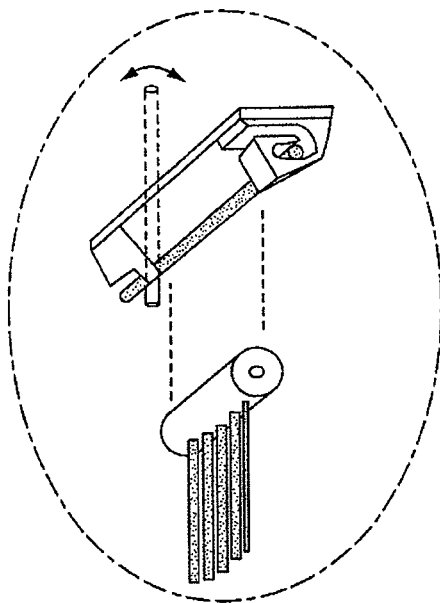
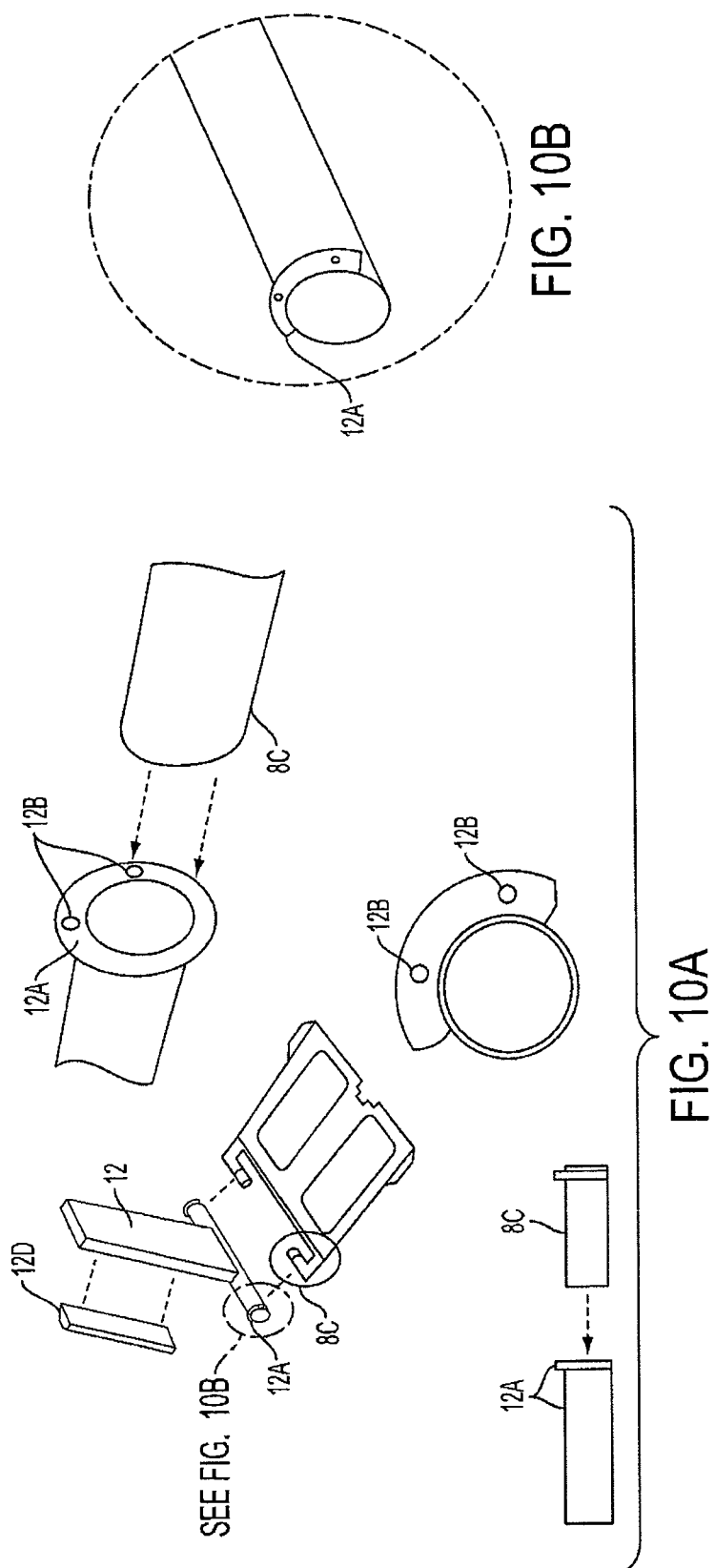


FIG. 9C





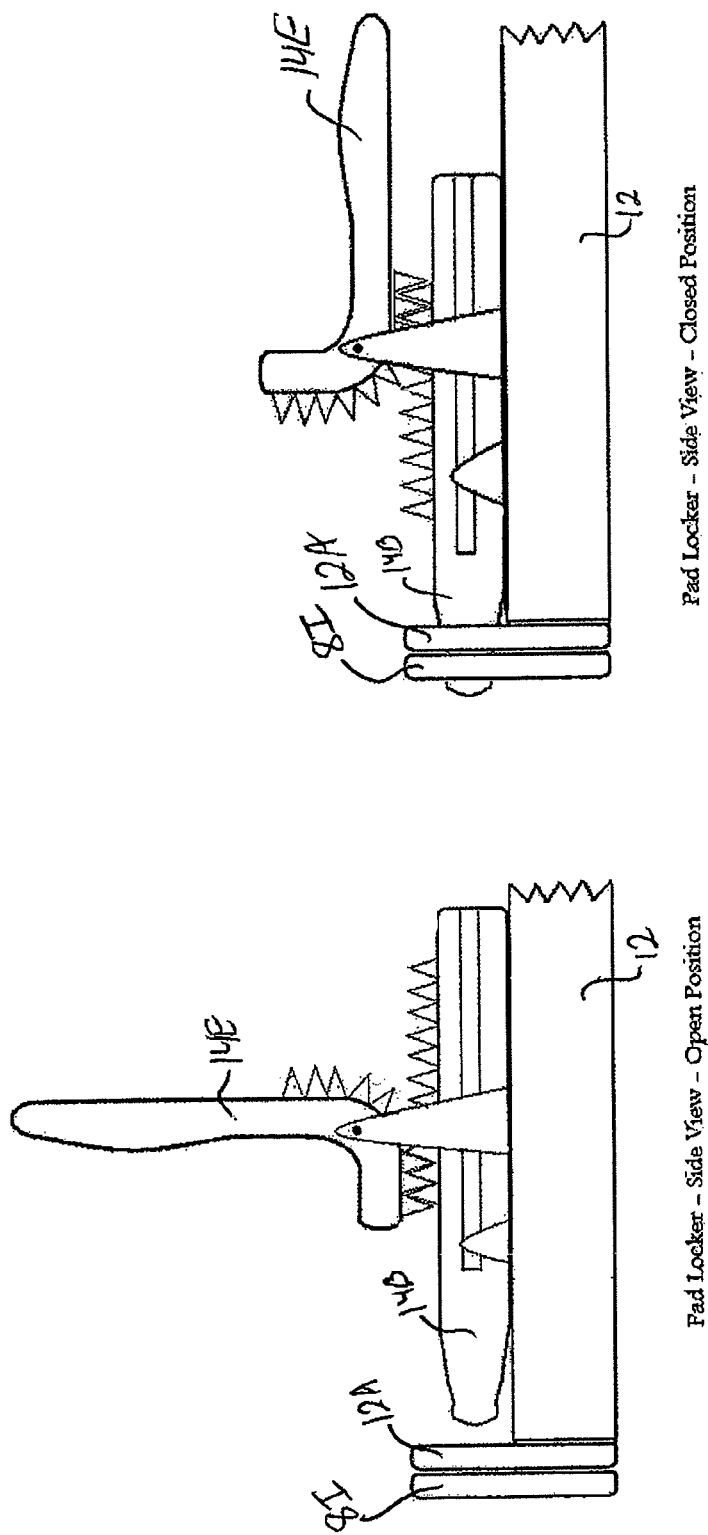


FIGURE 11 - PAD LOCKER

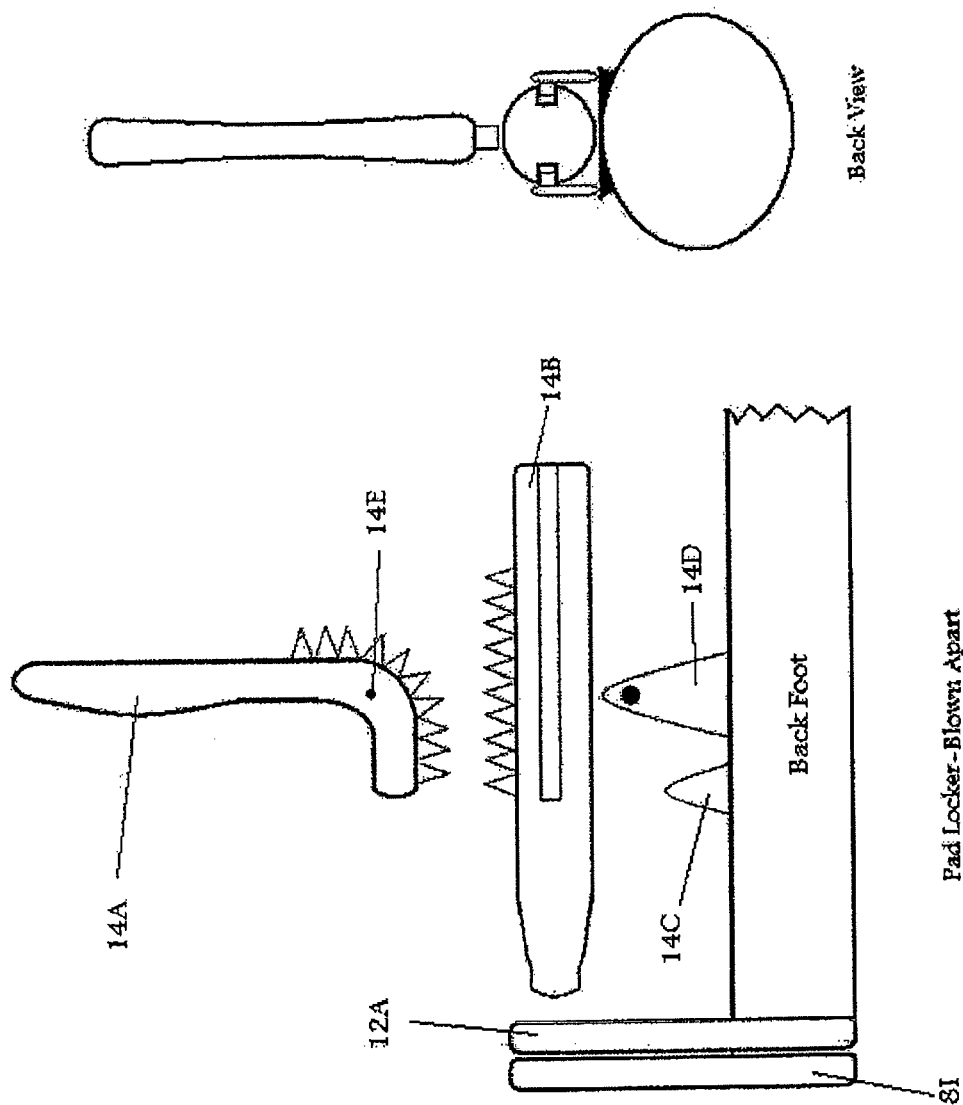
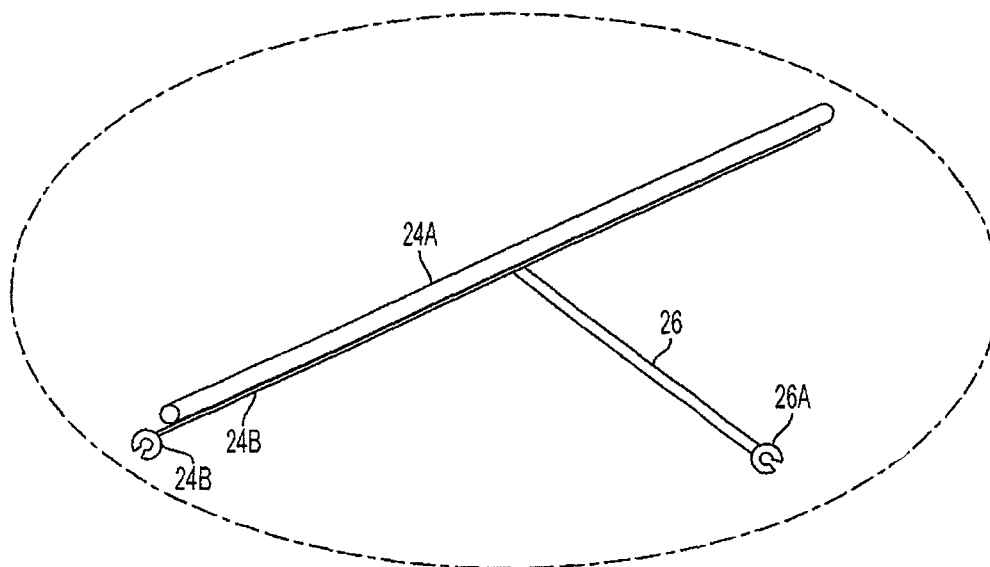
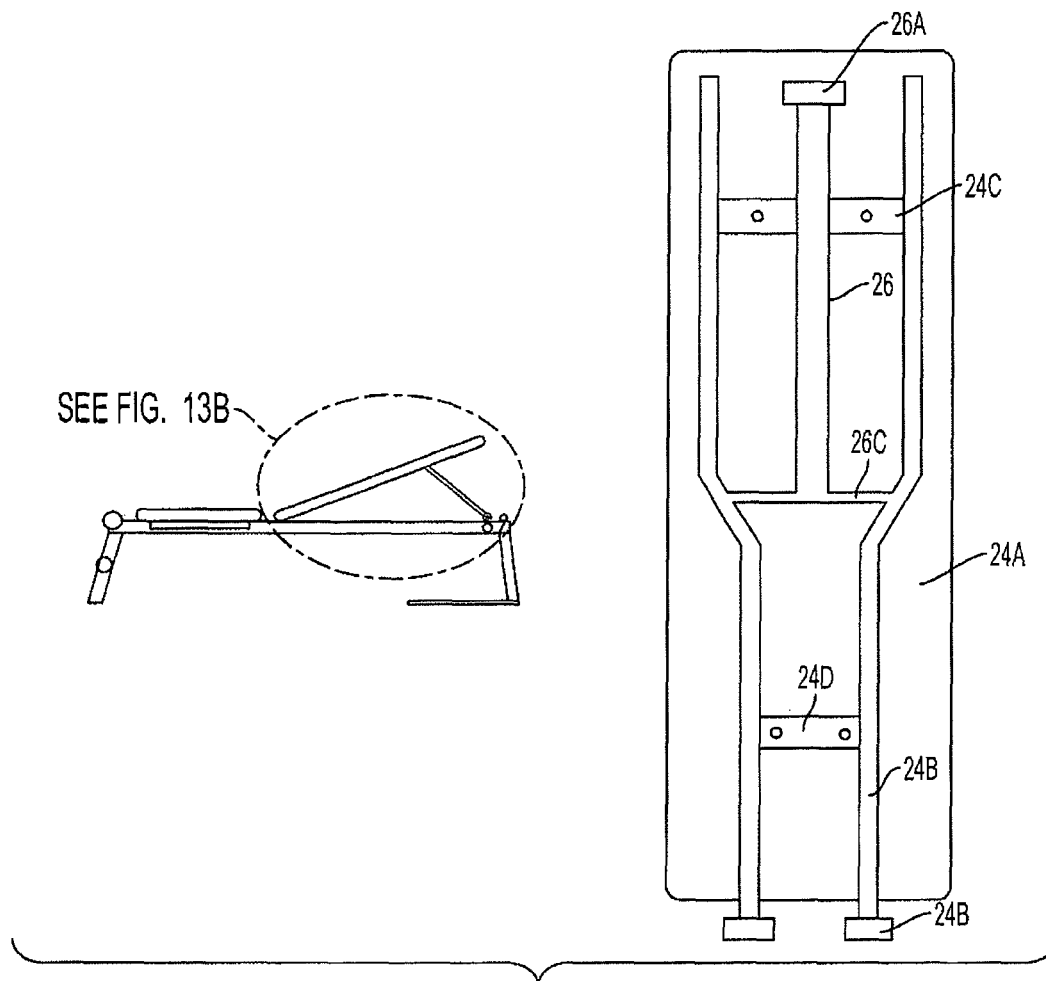


FIGURE 12 - PAD LOCKER BLOWN APART



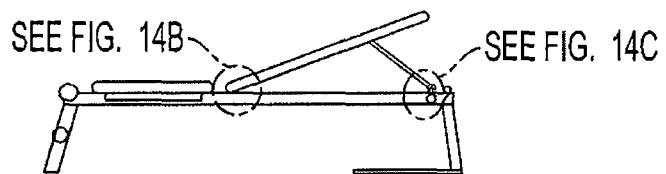


FIG. 14A

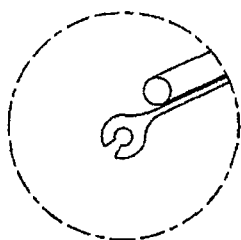


FIG. 14B

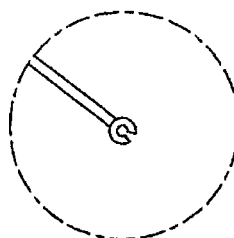


FIG. 14C

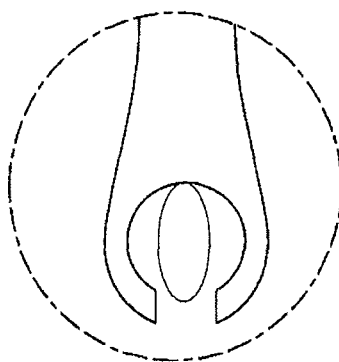


FIG. 14D

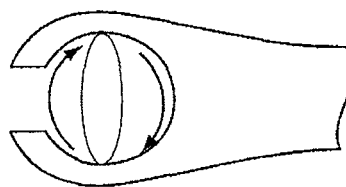
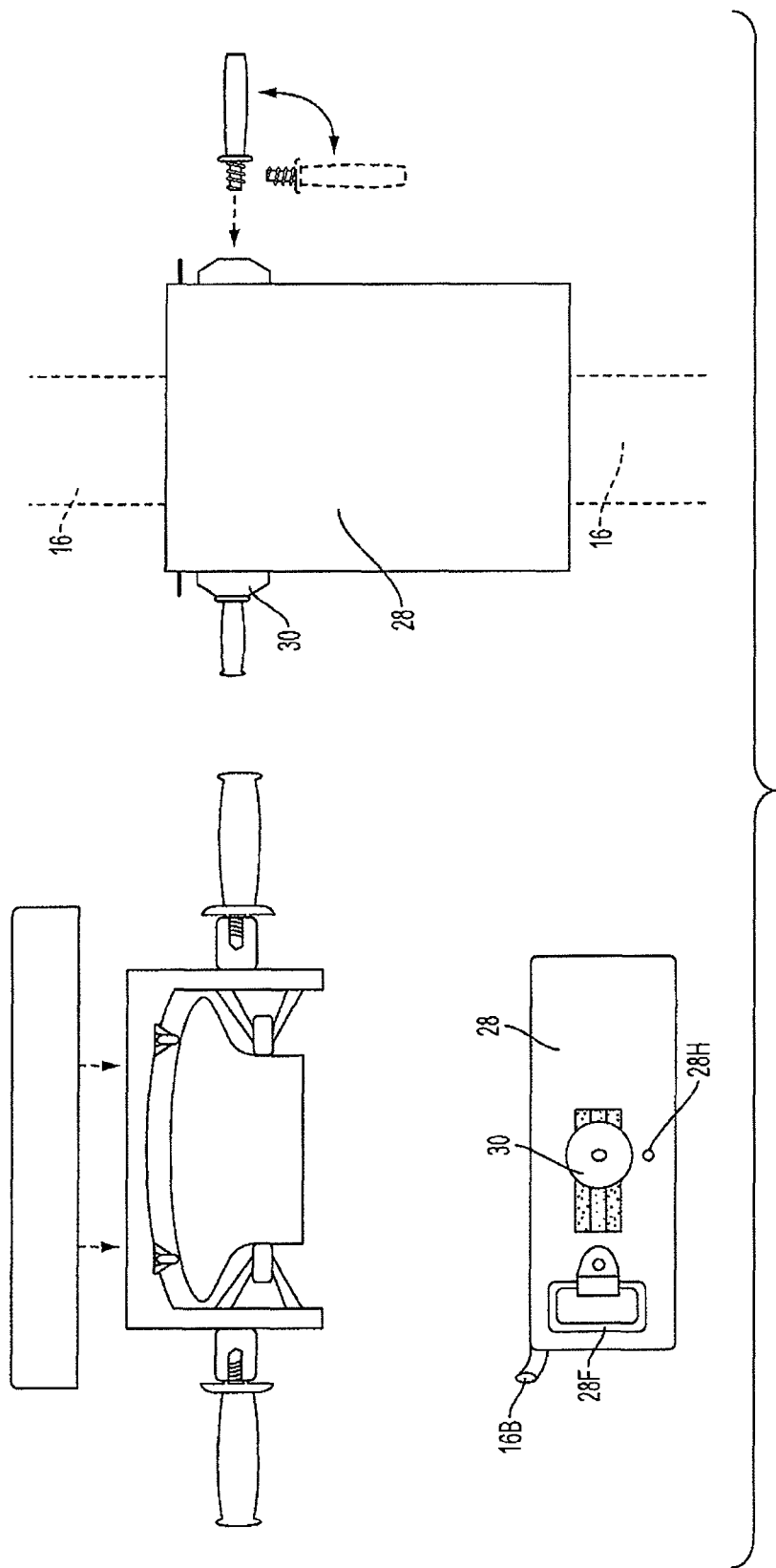
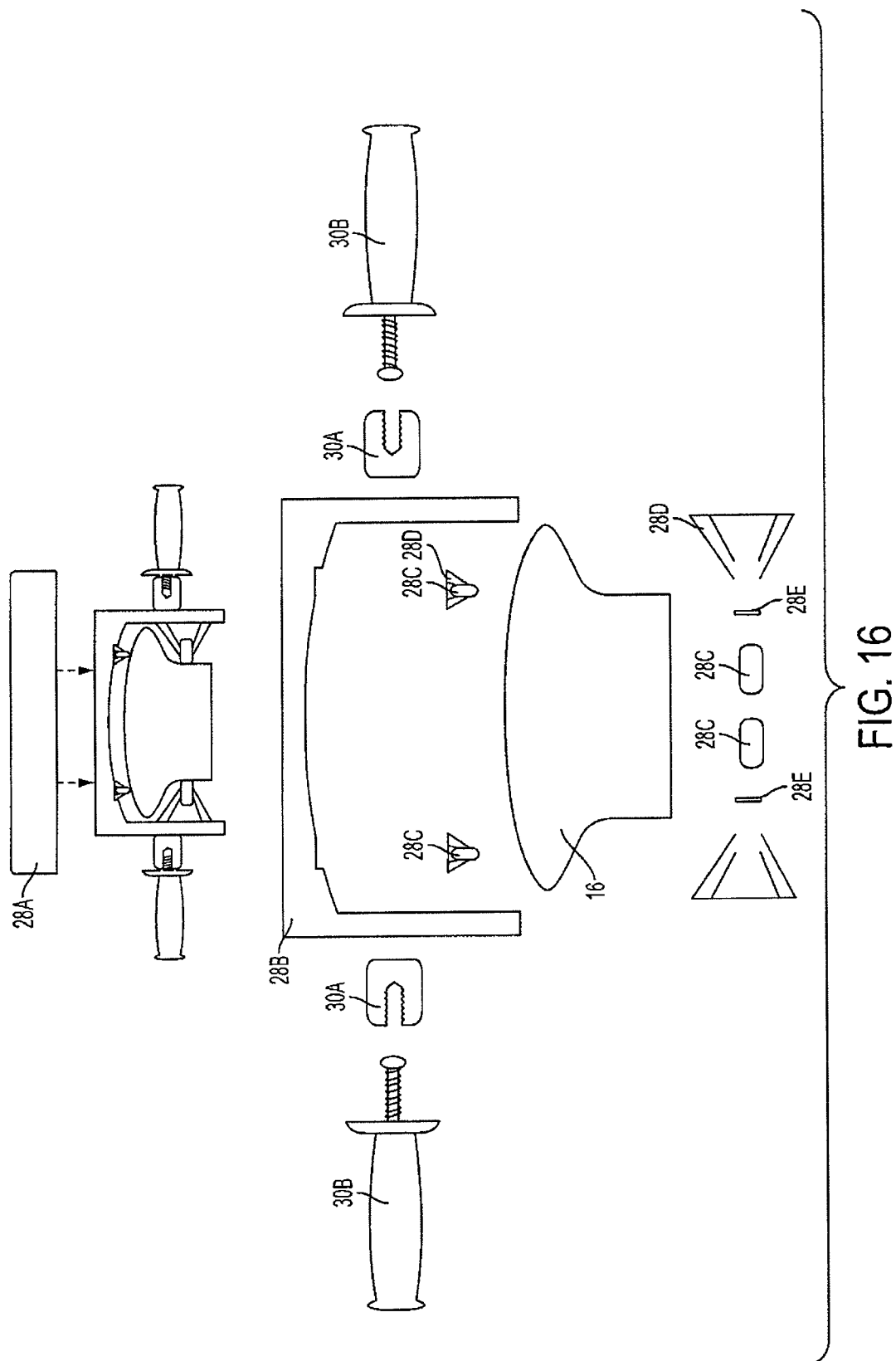


FIG. 14E





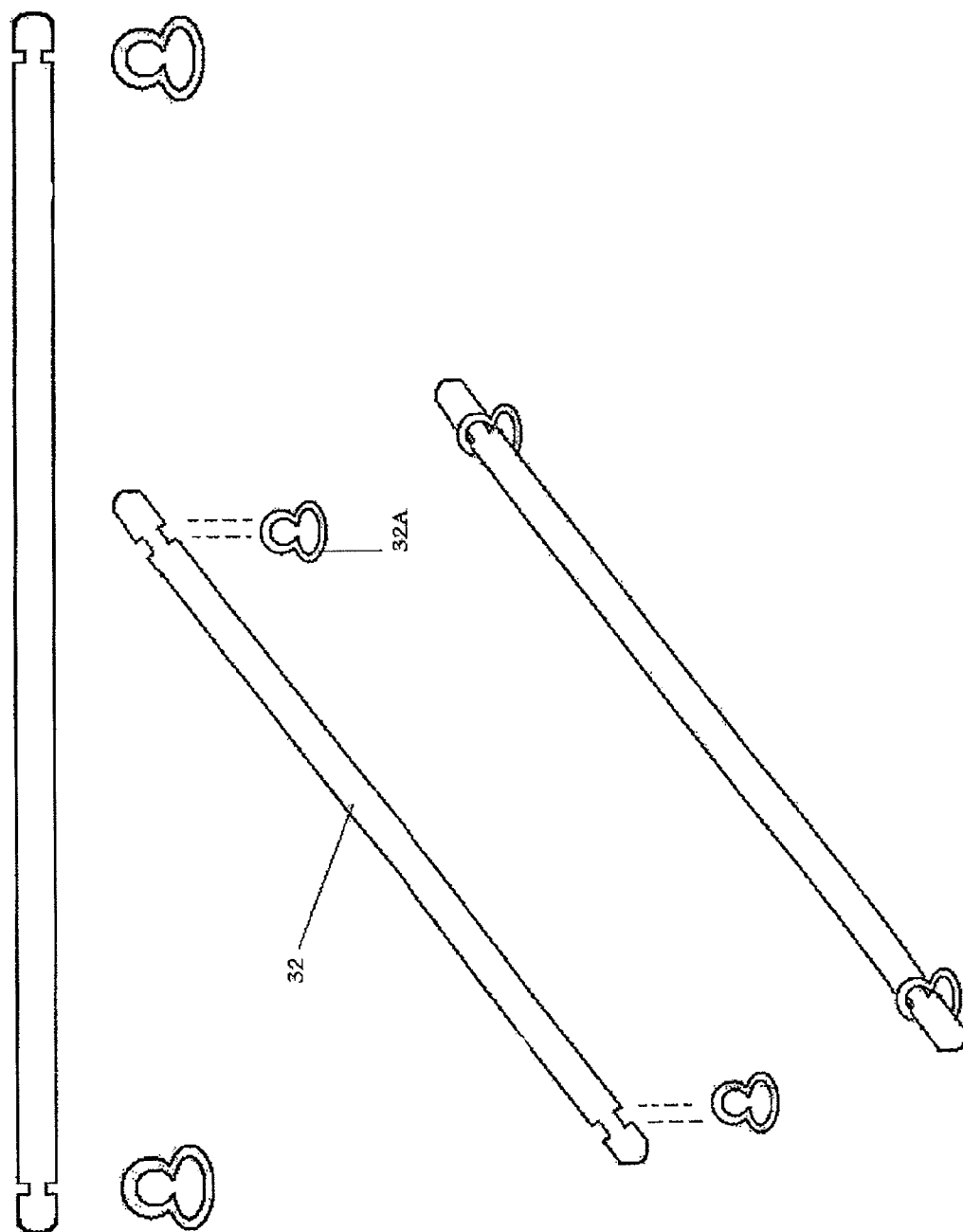


FIGURE 17- BARBELL AND RING

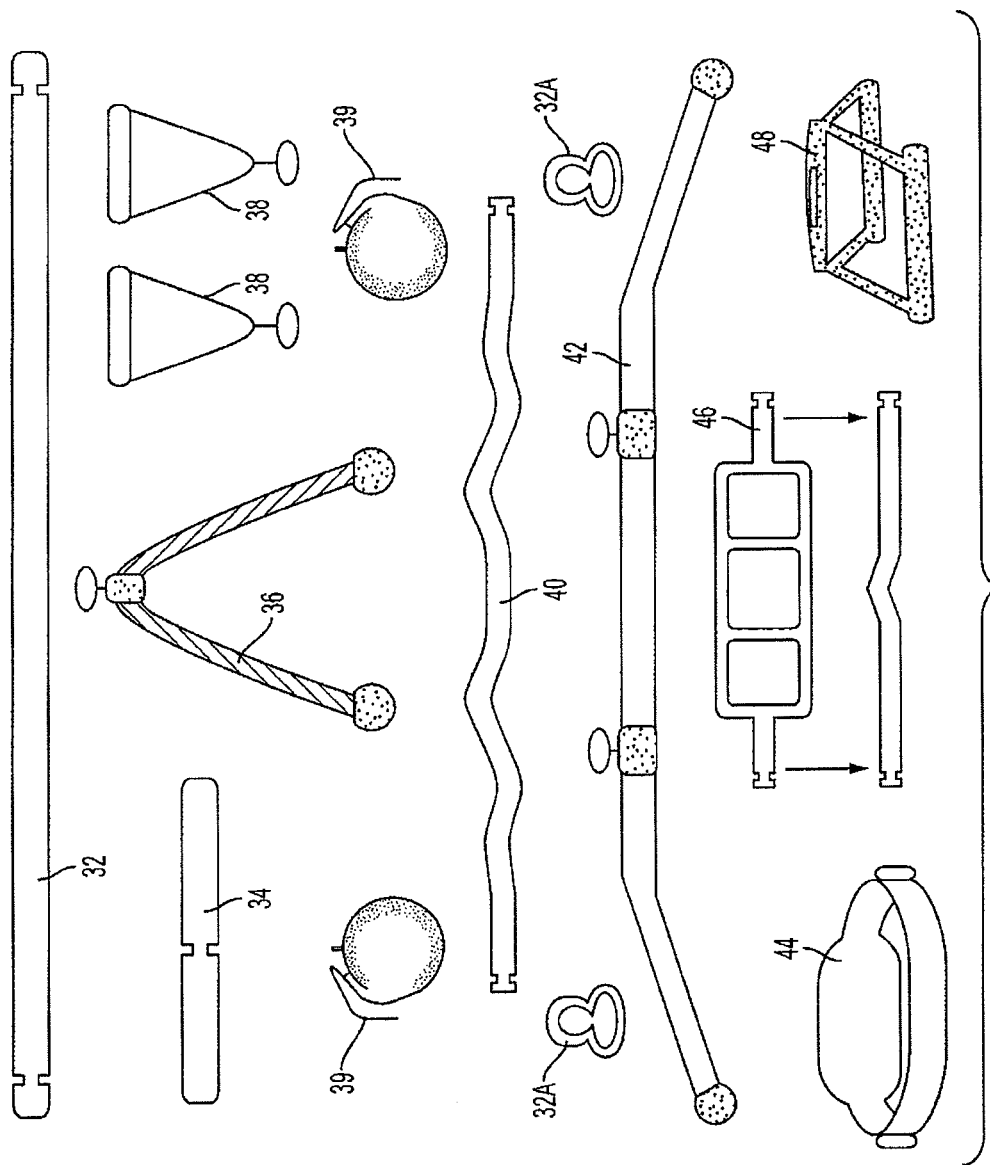
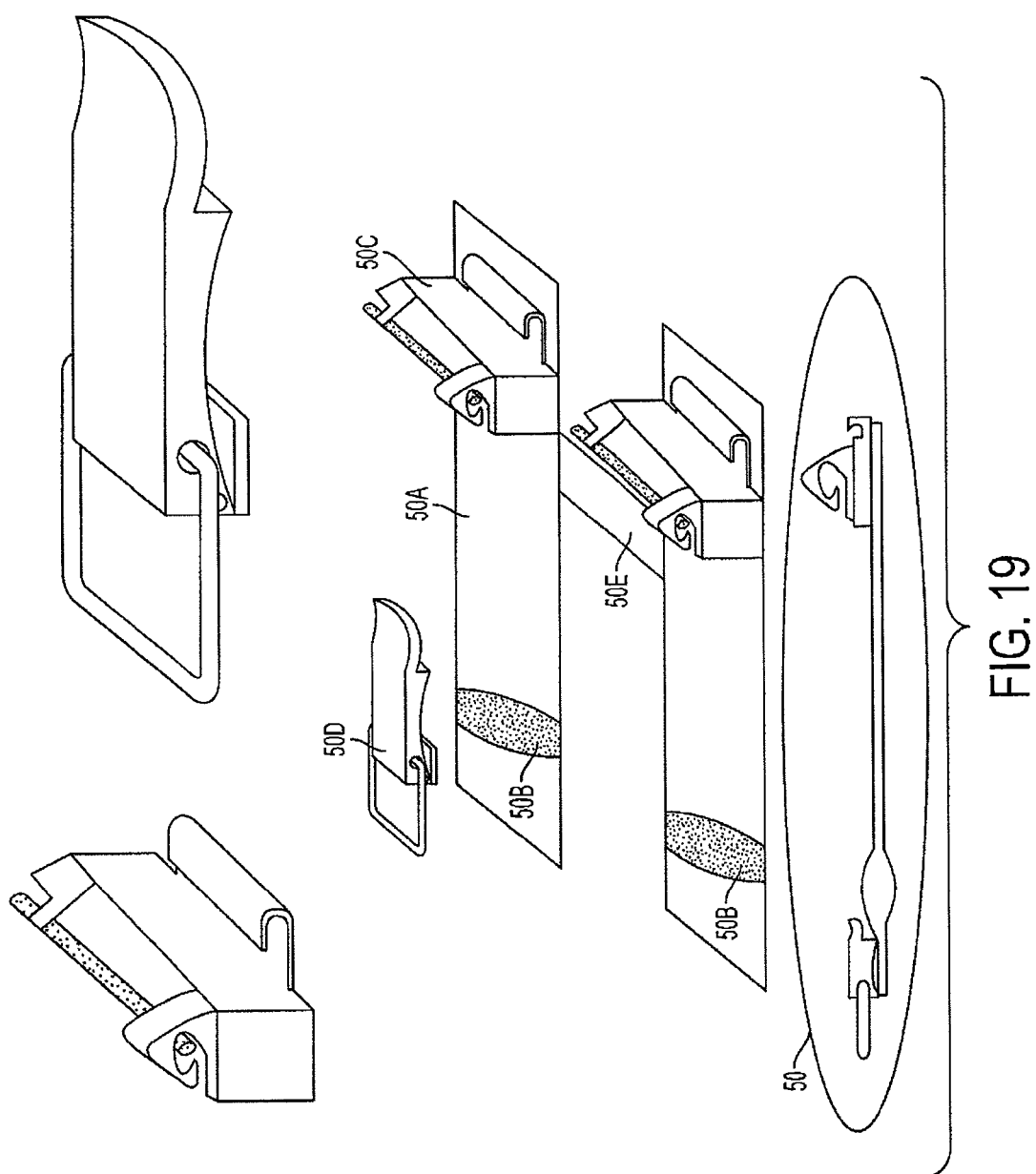


FIG. 18



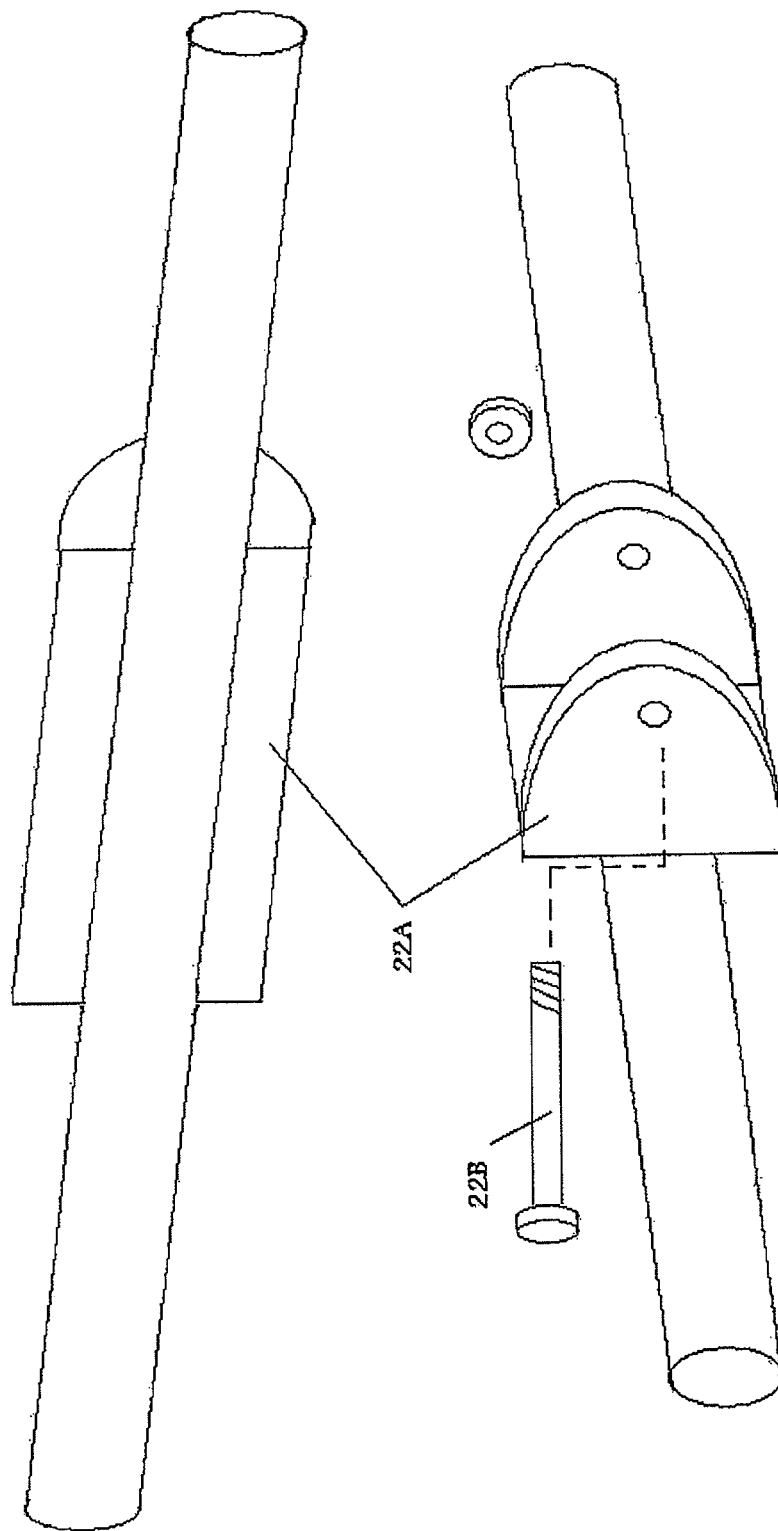


FIGURE 20 - SHIN CUSHION HOLDER

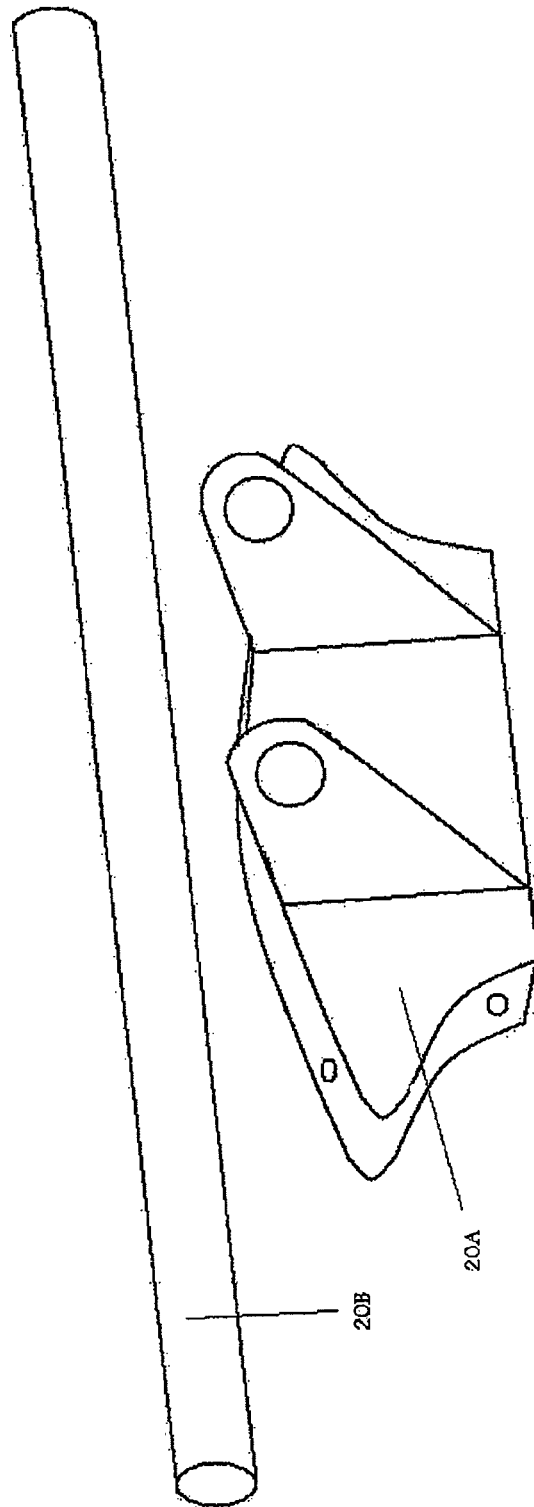
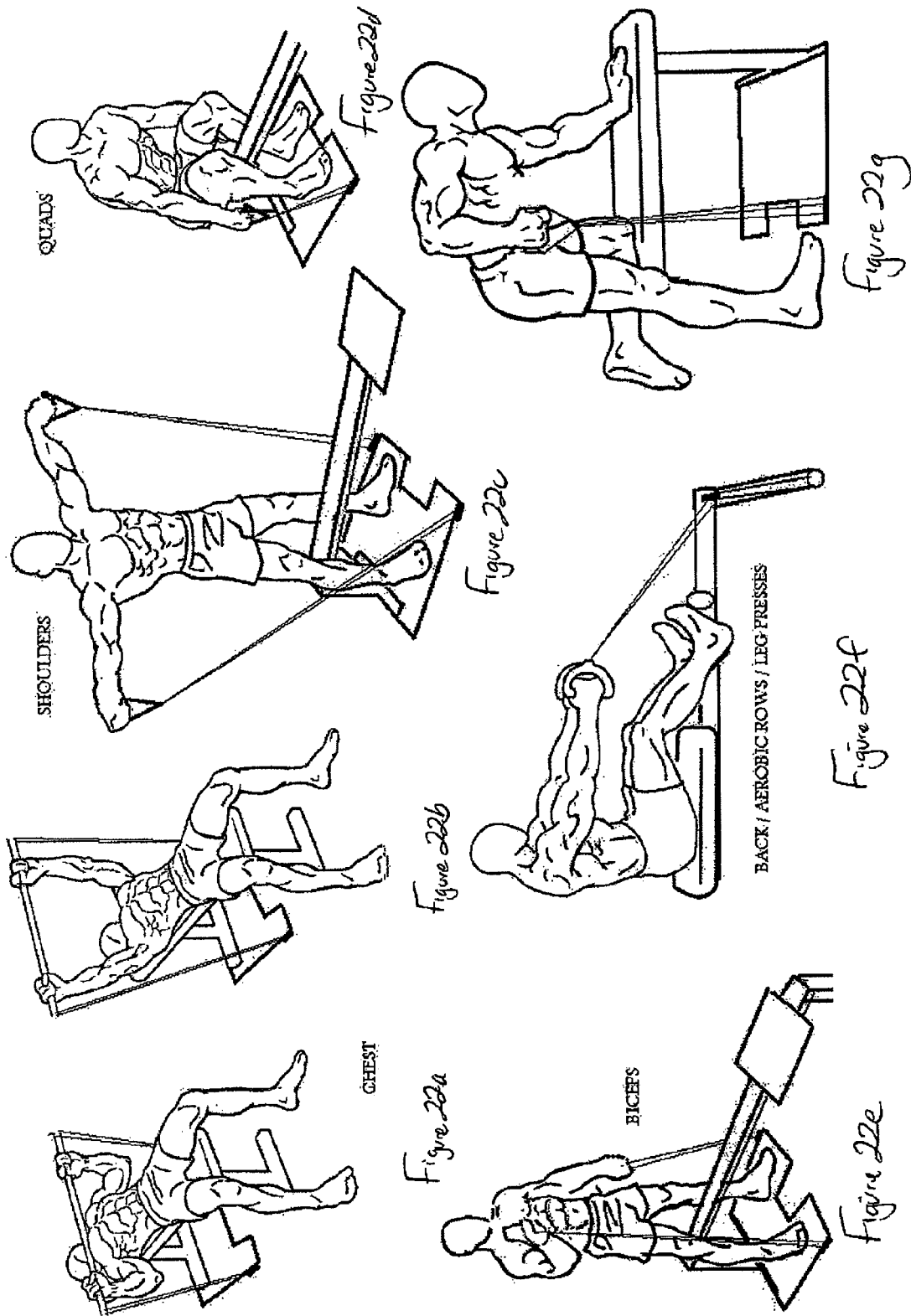


FIGURE 21 - KNEE CUSHION RAIL CAP



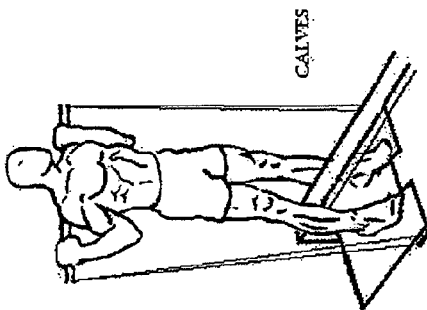


Figure 22h

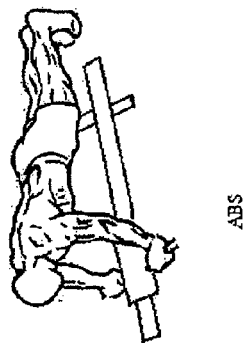
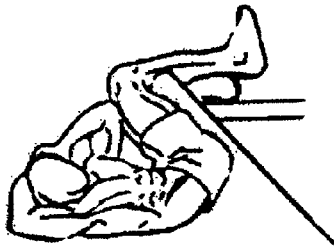
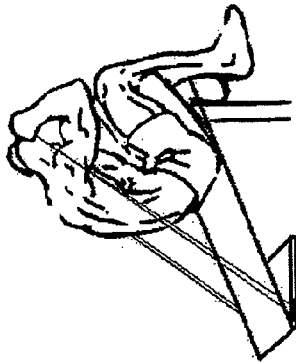


Figure 22i



ADVANCED INCLINE
AB WORK

Figure 22j



ABOVE ADVANCED
WEIGHTED INCLINE SIT UPS

Figure 22k

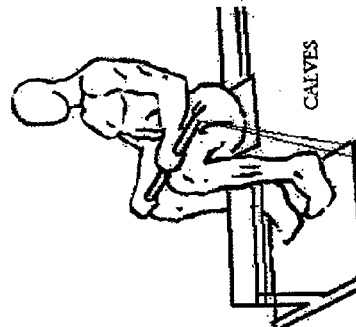


Figure 22l

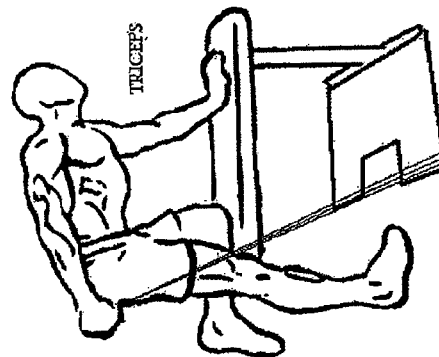
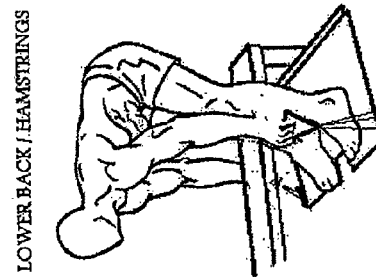
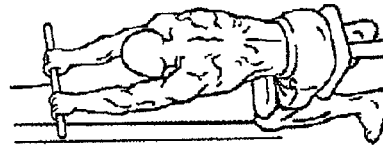


Figure 22m



LOWER BACK / HAMSTRINGS

Figure 22n



WITH THE OVER THE DOOR ACCESSORY, ANY
PULLDOWN EXERCISE CAN BE EXECUTED

Figure 22o

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MULTI-PURPOSE EXERCISE BENCH WITH VERSATILE RESISTANCE ACCESSORY

CROSS-REFERENCE FOR RELATED APPLICATION

This application claims the benefit of priority under 35 U.S.C. §119(e) to U.S. Provisional Patent Application No. 61/861,578, filed Aug. 2, 2013, the entire disclosure of which is hereby incorporated herein by reference.

FIELD OF THE INVENTION

The present invention relates generally to a multi-purpose exercise bench, and more particularly to a multi-purpose exercise bench having a versatile resistance accessory configurable for use to provide weight-training resistance in a variety of exercises.

BACKGROUND

Exercise benches of various sizes and configurations are well-known in the art. Such benches are used in weight training to assist in the performance of a variety of muscle-building exercises. Different bench configurations permit an exerciser to perform different exercises thereon to exercise and isolate different sets of muscles.

Some exercise benches are generally fixed, and facilitate performance of only one exercise or group of exercises. Some exercise benches are more versatile, and provide a range of adjustability to facilitate performance of a broader ranges of exercises for training different muscle groups.

One common type of bench includes a flat seat portion and an adjustable backrest that is adjustable between a flat position and an inclined position. In the flat position, both the seat and back portions are generally horizontal, and the user may lie in a supine position to perform chest presses and lateral butterflies, isolating a different set of upper body muscles then when the same exercises are performed on an incline bench. In addition, the exerciser can sit upright on the flat bench and perform a shoulder press exercise. In the inclined position, the seat remains generally horizontal and the backrest is inclined to permit a user to sit on the seat and recline in an at least partially upright position against the inclined backrest to perform a variety of upper body exercises on the bench, such as a chest press, lateral butterfly, and arm curl, each of which isolates and exercises a particular set of upper body muscles.

Such benches are commonly used in conjunction with free weights, such as a barbell born weight disks or "plates" and/or dumbbells. Some exercises may be performed with elastic resistance bands, often without the benefit of an exercise bench. Some exercises may have been performed using elastic resistance bands in conjunction with an exercise bench. Some exercise benches include integral resistance members, such as those manufactured and/or sold as BowFlex® brand home gyms by Nautilus, Inc. It has been observed that many of such exercise benches lack versatility to facilitate the broad range of exercises associated with a conventional multi-purpose exercise bench.

A simpler arrangement combining the conventional range of exercises associated with a multi-purpose exercise bench and the advantages of resistance band training is desired.

SUMMARY

The present invention pertains to a multi-purpose exercise bench having a versatile resistance accessory configurable

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for use to provide weight-training resistance in a variety of exercises. In one embodiment, a multi-purpose exercise bench comprises: an elongated frame configured to rest on a flat floor in a stable manner; a lower seat portion supported on the frame; a resistance accessory mounted to the frame, the resistance accessory comprising: a pad movably mounted to the frame to be movable between a first position and a second position; a locking mechanism operable to lock the pad in either of the first position and the second position; and a plurality of resistance bands attached to the pad.

BRIEF DESCRIPTION OF THE FIGURES

An understanding of the following description will be facilitated by reference to the attached drawings, in which:

FIG. 1 is a side view of a multi-purpose exercise bench including a versatile resistance accessory in accordance with an exemplary embodiment of the present invention;

FIG. 2 is an exploded perspective view of the multi-purpose exercise bench of FIG. 1;

FIGS. 3A and 3B show side views of the accessory of FIG. 1;

FIG. 4 is an enlarged view of an adjustable pad of the accessory of FIG. 1;

FIG. 5 is a side view of the pad illustrating the limited folding action of an exemplary pad;

FIG. 6 is an exploded view of exemplary swing arms of the accessory;

FIG. 7 is a drawing of an exemplary resistance band housing unit for mating with a swing arm.

FIG. 8 is an exploded view of a resistance band housing unit of FIG. 7;

FIGS. 9A-9C show the placement of the swing arms on the pad and the mating of the resistance band housing units on the swing arms;

FIGS. 10A and 10B illustrate an exemplary pad, showing exemplary mating structures;

FIG. 11 illustrates an exemplary locking mechanism for locking the pad in one or a plurality of predetermined positions;

FIG. 12 is an exploded view of the locking mechanism of FIG. 11;

FIGS. 13A and 13B are drawings of an exemplary backrest/upper seat;

FIGS. 14A-14E show exemplary flat pin receivers working along with the flat pins to provide a quick-release mechanism for coupling and decoupling the backrest to the bench;

FIG. 15 includes front (upper left), side (lower left) and top (right) views of the lower seat of the bench of FIG. 1;

FIG. 16 is an exploded view of the set of FIG. 15;

FIG. 17 illustrates an exemplary barbell configured to be used with the resistance bands by way of a receiver ring system in accordance with the present invention;

FIG. 18 illustrates various bars and handles to be used with barbell receiver ring system;

FIG. 19 illustrates a drawing leg and back accessory of the bench;

FIG. 20 is a drawing of an exemplary shin pad cushion;

FIG. 21 is a drawing of a knee cushion rail cap; and

FIGS. 22a-22o illustrate various exercises that may be accomplished with the multi-purpose bench of FIG. 1.

DETAILED DESCRIPTION

The present invention provides a multi-purpose exercise bench having a versatile resistance accessory configurable for use to provide weight-training resistance in a variety of exercises.

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An exemplary bench is shown in FIGS. 1-21. Referring now to FIG. 1, an exemplary multi-purpose bench 1 is shown that has structure somewhat similar to a conventional multi-purpose bench, in that it includes a frame supporting a seat 28 and an adjustable back rest 24 that permit the bench to be used as either a flat bench or an incline bench in a variety of exercises. The frame includes a longitudinally extending frame rail 16 supported by legs, which optionally are configured to fold from an open position, in which they extended generally transversely to the frame rail, to a closed position, in which they are folded to form an acute angle with the frame rail. Additionally, the exemplary bench 1 includes a knee cushion 20 and shin cushion 22 providing a leg-station suitable for leg extensions and leg curls, as is generally known in the art.

In accordance with the present invention, the bench 1 further includes a versatile resistance accessory including a pad 8 mounted to the frame. In the exemplary embodiment shown, the pad 8 is mounted at the head end of the bench, adjacent the back leg 12. In accordance with the present invention, the pad 8 provides an attachment point for one or more resistance bands that may be used to provide resistance during strength training exercises.

In a preferred embodiment, the pad 8 is mounted to the frame for movement between first and second positions. In the embodiment shown, the pad 8 is pivotably mounted to the back leg 12, and is pivotable between a first position in which the pad 8 is substantially vertical, and a second position in which the pad 8 is substantially horizontal, as shown in FIGS. 3A and 3B.

Further the pad is preferably lockable in one or more positions, so that the pad 8 and resistance bands tend to provide resistance during strength training. In the illustrated embodiment, the pad is provided with pins that nest within a horizontal portion of the back leg 12, so that the pad 8 may rotate relative to the rear leg, as best shown in FIG. 2. More specifically, the exemplary pad 8 includes pad inserts 8C that fit into the foot of the back leg 12. A ball bearing ring 8E allows the pad to fold smoothly and without play. Further, the pad includes a flange 8I including a plurality of holes 8J, and the back leg 12 includes a flange 12 with a plurality of holes 12B, as shown in FIGS. 2, 4 and 10. The holes are arranged to align at predetermined angular positions of the pad 8, to permit a pin to be placed through the aligned holes to effectively prevent relative motion of the flanges and pad/leg to lock the pad in position for use. Any suitable arrangement may be used to provide the pin. FIG. 11 shows an exemplary arrangement in which a locking mechanism is mounted on the rear leg 12. The mechanism includes a slidably mounted locker bolt 14B (the pin) that is caused to be inserted through or withdrawn from the aligned holes of the flanges 8I, 12A by way of a pivotable actuator 14E in toothed engagement with the locker bolt 14B to cause translational motion thereof when the actuator is pivoted, as best shown in FIGS. 11 and 12. In this embodiment, the locker both 14B has a tapered end to provide a snug fit in the holes of the flanges and to facilitate alignment thereof during insertion.

In some embodiments, the pad 8 is not merely a unitary rigid plate-like body, but instead includes first and second portions movable relative to one another, as shown in FIGS. 2, 4 and 5. In this embodiment, the pad includes a hinged portion hingedly connected to a main portion of the pad's platform 8A. Accordingly, the hinged portion is pivotable between a first position and a second position, as shown in FIG. 6. In this embodiment, the pad 8 includes a stop 8H to limit the range of motion of the hinged portion relative to the

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remainder of the platform 8A. The hinge 8G permits the hinged portion to be pivoted into a position better suited for performance of an exercise. Accordingly, the hinged portion provides an extra measure of adjustability to the pad. For example, the pad may be locked in a substantially upright position, and the hinged portion may then be further pivoted toward an upright position for use in a leg press exercise.

The resistance bands are mounted to the pad 8. In this embodiment the resistance bands are joined in a resistance band housing unit 10, as shown in FIGS. 7 and 8. As shown in FIG. 8, the housing 10 includes a hollow outer tube 10B and a hollow inner center tube 10A. The outer tube 10B has a plurality of openings, and the resistance bands 10C are looped around the inner tube 10A, which is positioned within the outer tube 10B, and the resistance bands 10C exit through the holes in the outer tube 10B. This serves to anchor multiple resistance bands to a single housing unit 10. An opposite end of the resistance band may be joined to an attachment clip 10D, such as a carabiner, as shown in FIGS. 7 and 8. The clip 10D facilitates attachment of selected resistance bands to a bar or other member for exercise purposes.

The pad 8 includes swing arms 6, which serve as attachments points for attaching the resistance band units 10 to the pad 8. Preferably, the swing arms 6 are attached toward the distal end of the pad on both lateral sides, as shown in FIGS. 2 and 6. Each swing arm 6 defines a path allowing a swing arm pin 6C to be received and retained by the swing arm, as shown in FIGS. 6, 9A and 9B. The pin 6C is placed through the inner tube 10A of the housing unit, then is placed in the path of the swing arm unit 6 to fix the resistance band unit 10 to the swing arm 6 and pad 8, as shown in FIGS. 6, 9A and 9B. After mounting, the resistance band housing unit is permitted to rotate about the pin 6C while still being retained by the swing arm unit 6, to permit the resistance bands to rotate into an operative position for a variety of exercises, e.g., due to a change in position of the pad 8.

To facilitate use of the exercise bench in certain exercises, e.g., with the pad 8 positioned horizontally along the floor, it may be desirable to straddle the bench while standing on the pad 8, as shown in FIGS. 22c, 22d and 22e. Accordingly, the backrest 24 of the bench may be configured to operate substantially as in a conventional adjustable incline bench, and thus may include a backrest 24, cushion 24A. However, the bench may be modified in accordance with the present invention to include with a quick-release mechanism allow for easy, e.g., tool-free, decoupling of the backrest from the bench. In the exemplary embodiment shown in FIGS. 13A and 13B, the bench is configured with a quick release mechanism that includes receivers 26 on the bench frame that include plate-like attachment pins for receipt in pin receivers. In the exemplary embodiment, the pins are plate-like and generally flat, and the pin receivers are generally of a split-ring design, as shown in FIGS. 13A-14B. Accordingly, pin receivers 24B, 26A tend to pivot about the pins, e.g. 16B, 26B, through a broad range of motion, but at a predetermined angular orientation, the pin aligns with the split in the ring-like receiver to permit the pin to exit the receiver, and thus the backrest and its supports to be decoupled from the frame, as best shown in FIGS. 14A and 14B.

Any suitable seat may be used. In the exemplary embodiment shown, the bench includes a seat as provided in accordance with the present invention, as shown in FIG. 15. FIG. 15 is a drawing of the lower seat from the front (upper left), side (lower left) and top (right) view. The front view shows the lower seat 28 on wheels 28C on the frame rail 16.

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Also shown are the handles **30** which are able to screw loose enough to be folded against the lower seat **28**; the wheel housing unit **28B**. Also seen in the front view is the cushion **28A** to go on top of the wheel housing unit. The side view shows how the resistance bands can clip onto the lower seat via the clip holder **28F** and that the flat pin **16B** is a part of the wheel housing unit along with a stopper hole **28H** that allows the lower seat to be locked into position. The top view shows the folding capability of the handles.

FIG. **16** is an exploded drawing of the lower seat, including the wheel housing unit **28B**; the wheel frame **28D**; the wheels **28C**; the wheel pins **28E**; the lower seat handle housing **30A**; and the lower seat handles **30B**. Together these sit on and ride along the frame rail **16**.

FIG. **17** is a drawing of an exemplary barbell to be used with the resistance bands. The exemplary barbell is typical of various other accessories in that it comprises a bar **32** configured to define grooves to receive a receiver ring **32A**. This ring is shaped to fit into the grooves of the barbell to rotate freely yet not able to become disengaged from the bar. The larger part of the ring is to be used to allow the resistance band clips to fit onto.

FIG. **18** is a drawing of various alternative bars and handles to be used with barbell receiver ring **32A** system includes but is not limited to, a barbell **32**; a short bar **34**; triceps rope **36**; single handles **38**; ankle cuffs **39**; an EZ curl bar **40**; pull-down bar **42**; belt **44**; tricep bar **46**; and a close grip handle **48**.

FIG. **19** is a drawing of an optional leg and back accessory **50**. This accessory comprises swing arms with hooks **50C** attached to heavy duty cloth straps **50A** that can be wedged between a door and a door frame via a protrusion **50B**. The swing arm has a hook to accept a latch **50D**. The hook and latch allows the leg and back accessory to be wrapped around and secured to the front foot of the bench. Two of these straps may be connected via a stiff spacer **50E** to complete one full leg and back accessory.

FIG. **20** is a drawing of an exemplary shin pad cushion **22A**. The shin pad cushion holder is attached to the back part of the front leg approximately half way down and secured with the shin cushion bolt **22B**.

FIG. **21** is a drawing of an exemplary knee cushion rail cap **20A**. This is used to hold the knee cushions **20**. The knee cushion pole **20B** fits into the holes of the knee cushion rail cap. These are secured to the front end of the frame rail **16** via knee cushion bolts **20C**.

In use, the assembled bench may be adjusted as desired before performing an exercise—e.g., to position the lower seat **28** in a suitable location along the frame rail, and to position the backrest **24** at a suitable position on the frame (flat or inclined), or removed from the frame, e.g., by manipulating the backrest **24** and its associated pin receivers relative to the pins on the frame rail **16** and/or lower seat **28** until the pins align with the splits in the pins receivers, and the moving the backrest to separate the pin receivers from the pins.

Next, the pad may be positioned as desired, e.g., in a upright or horizontal position, e.g., by unlocking the pad **8** by moving the appropriate actuator of the pad locking mechanism, pivoting the pad **8** until the holes in the flanges of the pad **8** and rear foot **12** align with the pad in the desired position, and then manipulating the actuator of the locking mechanism to lock the pad in the desired position.

Next the user may selected an appropriate bar/handle, attach the appropriate receiver rings **32A** to the bar/handle, if necessary (in some embodiments the rings are permanently joined to the bar/handle), and then attach the clips of

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one or more resistance bands of the resistance band housing units **10** to the receiver rings **32A** to provide the desired level of resistance.

Next, the user may manipulate the bar/handle in performance of the desired strength training exercise, against the resistance of the attached resistance bands.

A list of reference numerals is provided below for reference purposes:

2A	Small Rubber Pad
2B	Large Rubber Pad
6	Swing Arm
6A	Swing arm Plate
6B	Swing arm Spring
6C	Swing Arm Pin
6D	Swing arm Pin Lock
6E	Swing Arm Hinge
8	The Pad
8A	Platform
8B	Rail
8C	Pad Inserts aka hinges
8D	Pad protective strips for rail
8E	Ball Bearings
8F	Screws For Hinges
8G	Hinge
8H	Stopper For Hinge
8I	Pad Flange
8J	Pad Flange Hole
10	Resistance Band Housing Unit
10A	Hollow Center Tube
10B	Outer shell
10C	Resistance bands
10D	Clips
12	Back Leg
12A	Back Foot With Flange
12B	Flange Hole
12C	Pin Or Bolt
12D	Leg Protective Strip
12E	protective strips for back foot
14	Pad Locker
14A	Pad Locker Handle
14B	Locker Bolt
14C	Guide For The Bolt
14D	Guide For The bolt and Pin insert
14E	Pad locker Hinge Pin
16	Rail
16A	End Cap
16B	Flat Pin
16C	Rail Holes
18	Front Leg
18A	Bolt or pin
18B	Front Foot
18C	Front foot caps
20	Knee Cushion
20A	Knee Cushion Rail Cap
20B	Knee Cushion Pole
20C	Knee cushion Bolt
22	Shin Cushion
22A	Shin Cushion holder
22B	Shin Cushion Bolt
24	Upper Seat
24A	Cushion
24B	Upper Seat Rails With Flat Pin Receivers
24C	Cross Brace Big
24D	Cross Brace Small
24E	Screws For Cushion
26	Incline Adjuster
26A	Flat Pin Receiver
26B	Bolt
26C	Stabilizers
28	Lower Seat
28A	Cushion
28B	Wheel Housing Unit
28C	Wheels
28D	Wheel Frames
28E	Wheel Pins
28F	Clip Holder
28G	Stopper Bolt
28H	Stopper Hole

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30	Lower Seat Handles
30A	Handle Housing That Holds Knobbed screw
30B	Handle With Knobbed Screw
31	Front Leg
32	Barbell
32A	Receiver Ring
34	Short Bar
36	Triceps Rope
38	Single Handles
39	Ankle Cuffs
40	EZ Curl Bar
42	Pull-Down Bar
44	Belt

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-continued

46	Tricep Bar
48	Close Grip Handle
50	Accessory
50A	Cloth Strip
50B	Protrusion
50C	Swing Arm With Hook
50D	Latch
50E	Spacer

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PARTS LIST

2A	Small Rubber Pad- Attached to the top front of the pad for comfort
2B	Large Rubber Pad - Attached to the top back of the pad for comfort
6	Swing Arm - The swing arm allows the resistance bands to be secured in place quickly and easily
6A	Swing Arm Plate- Is the part of the swing arm that is secured directly to the rail of the pad and is the foundation of the swing arms
6B	Swing Arm Spring- This add tension to the swing arm pin
6C	Swing Arm Pin- This is what the resistance bands are secured with
6D	Swing arm Pin Lock- This holds the swing arm in place
6E	Swing Arm Hinge- This part houses the swing arm pin and spring
8	The Pad- This is the platform that the swing arms attach to the sides of, where the user may stand on for certain exercises and which folds in an up or down position depending on the desired location of the swing arms
8A	Platform- The platform of the pad is the biggest portion of the pad and may be used to stand on when the pad is folded down against the floor. The back of the platform also acts as a foot rest for the user when the pad is folded up against the leg.
8B	Rail- The rails run along the sides of the platform. They act as structural support for the pad and is what the swing arms are attached directly to
8C	Pad Inserts/Hinges- The back of the pad has two "pegs" that fit into the foot of the back leg. They are used to secure the pad to the bench and as a hinge point for the pad and gives the pad its folding capabilities.
8D	Pad Protective Strips For Rail- these plastic or rubber pieces cap the bottom of the pad to prevent the metal of the rail from scratching the floor
8E	Ball Bearings- These ball bearings are sandwiched between the pad inserts and the inside of the back foot. They provide smooth and stable folding of the pad.
8F	Screws For Hinges- Because of the rigidity of the pad and the back foot, the pad inserts cannot be a piece of the pad. They must be separate. Once the pad inserts are placed into the back foot, the rails of the pad can now be screwed to them
8G	Hinge-The hinge runs along the platform of the pad from one rail to the other and is located more to the front of the pad. The purpose of the hinge is that when the pad is folded up against the leg, that portion of the pad can hinge forward for a more comfortable foot rest
8H	Stopper For Hinge- The stopper is a piece of metal that prevents the front portion of the platform from folding too far
8I	Pad Flange- This is simply an area for holes at the back of the rails of the pad.
8J	Pad Flange Hole- The holes in the pad flange line up with the holes of the back foot flange for the pad locker bolt to slide into.
10	Resistance Band Housing Unit- This is designed to house multiple bands in one unit for convenience and easy handling
10A	Hollow Center Tube - This center tube secures the resistance bands on the outside of it. the center of the tube slides onto the swing arm pins.
10B	Outer Shell- The outer shell of the resistance band housing unit helps to secure the resistance bands in place neatly and acts as a shield for the portion of the bands wrapped around the hollow center tube.
10C	Resistance Bands- The exercise bench uses a series of resistance bands from heavy duty to very lightweight
10D	Clips- The clips of the resistance bands can be hooked on the bar, grip, handle or lower seat clip, depending on the exercise desired
12	Back Leg- The back leg of the bench can be folded open or closed. The top of the leg has a unique shape to allow it to fold without fitting snug against the bottom of the rail. This small gap is enough for the pad to be used when folded against the back leg.
12A	Back Foot With Flange- On the top of the farthest extensions of the back foot is an area for holes.
12B	Flange Hole- These holes are to be used in conjunction with the pad flange and the pad locker.

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- 12C Pin Or Bolt- This is simple a way to secure the back leg to the rail and still be able to hinge for folding open or closed.
 - 12D Leg Protective Strip- These plastic or rubber pieces are secured to the back of the back leg to prevent the metal of the back leg from scratching the floor when the leg is folded closed.
 - 12E Protective Strips For Back Foot- These plastic or rubber pieces cap the bottom of the back foot to prevent the metal of the back foot from scratching the floor
 - 14 Pad Locker- The purpose of the pad locker is to lock the pad in place when it is folded up or down.
 - 14A Pad Locker Handle- The pad locker handle is used to manipulate the pad locker bolt in and out of the flange holes
 - 14B Locker Bolt- The locker bolt fits snugly into both the back foot flange and the pad flange holes. While the bolt is moved into the holes the pad cannot move from its position.
 - 14C Guide For The Bolt- The guide for the bolt is two rises on the top of the back foot with small protrusions that fit into grooves in the side of the bolt. This keeps the bolt lined up with the holes of the flanges
 - 14D Guide For The bolt and Pin insert- This is another guide just like the bolt guide and works the same way. the difference is that this particular guides not only guide the bolt but also act as a hinge point for the pad locker handle
 - 14E Pad locker Hinge Pin- This is simply a small pin that fits through the guide for the bolt and pin insert and the handle of the pad licker allowing the handle to be used as needed
 - 16 Rail- The rail is the horizontal piece held up by the legs and on which the upper and lower seats sit.
 - 16A End Cap- The rail is capped on its end closest to the back leg
 - 16B Flat Pin- The flat pin sits near the back of the rail and is used to secure the upper seat to the rail via a rod called the incline adjuster
 - 16C Rail Holes- There are a series of holes in the rail to be used in conjunction with the lower seat and a stopper bolt. These holes are used to stop the lower seat from rolling.
 - 18 Front Leg- The front leg is the front leg of the bench
 - 18A Pin or Bolt - This secures the front leg to the rail while still allowing it to fold open or closed against the rail
 - 18B Front Foot- The front foot is at the bottom of the front leg and stabilizes the bench.
 - 18C Front foot caps - The front foot caps are rubber or plastic caps to protect the floor from being scratched by the foot
 - 20 Knee Cushion- The knee cushion is located near the front of the rail. The cushion is useful for many abdominal or leg exercises
 - 20A Knee Cushion Rail Cap- The knee cushion rail cap is secured to the front of the rail and is used to hold the knee cushion pole
 - 20B Knee Cushion Pole- The knee cushion pole is used to hold the actual pads used for cushioning
 - 20C Knee cushion Bolts- The knee cushion bolts secure the knee cushion rail cap to the rail
 - 22 Shin Cushion- The shin cushion is located approximately half way down the back of the front leg. It is useful for cushioning during certain abdominal exercises
 - 22A Shin Cushion holder- The shin cushion holder is a piece secured directly to the front leg and holds the actual pad used for cushioning
 - 22B Shin Cushion Bolt- This bolt secures the shin cushion holder to the front leg
 - 24 Upper Seat- The upper seat is the long portion of the working surface of the exercise bench
 - 24A Cushion- For the upper seat
 - 24B Upper Seat Rails With Flat Pin Receivers- the upper seat rail or frame has two flat pin receivers to be used to secure the upper seat to the lower seat
 - 24C Cross Brace Big- This helps to hold the upper seat rails or frame together
 - 24D Cross Brace Small- This helps to hold the upper seat rails or frame together
 - 24E Screws For Cushion- These secure the cushion to the frame
 - 26 Incline Adjuster- This rod is used to secure the upper seat to the rail. It is also used to adjust the angle of the upper seat
 - 26A Flat Pin Receiver - This is a portion of the incline adjuster used with the flat pin of the rail
 - 26B Bolt -this bolt secures the incline adjuster to the upper seat
 - 26C Stabilizers - These keep the upper seat stable during use
 - 28 Lower Seat- This is the small portion of the working surface of the exercise bench
 - 28A Cushion- For the lower seat
 - 28B Wheel Housing Unit- This is the major portion of the lower seat which everything is secured to.
 - 28C Wheels- The 8 wheels are mounted under and inside of the wheel housing unit to allow ease of use when adjusting the angle of the upper seat cushion
 - 28D Wheel Frames- These hold the wheels
 - 28E Wheel Pins- These are the ball bearing axis for the wheels

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28F	Clip Holder- These are secure to either side of the wheel housing unit and is used to clip the resistance band to during certain exercises
28G	Stopper Bolt- This is used to not allow the wheel housing unit to roll along the rail
28H	Stopper Hole- the hole used by the stopper bolt in conjunction with the rail holes
30	Lower Seat Handles- These are on either side of the wheel housing unit and to be used during certain leg or abdominal exercises. The handles are featured to be able to unscrew enough to be folded against the lower seat, and screwed tightly again to secure it in place.
30A	Handle Housing That Holds Knobbed Screw- This secures the actual handle to the wheel housing unit
30B	Handle With Knobbed Screw- The knobbed end of the screw ensures that the handle cannot unscrew completely from the handles
32	Barbell- this barbell is shorter than traditional barbells because it doesn't use traditional weights. It is approximately 48 inches
32A	Receiver Ring - The receiver ring fits into a groove of the barbell or other handle. It is shaped so that it cannot be removed from the bar yet spins freely. It also has a portion to allow multiple resistance bands to be attached to it.
34	Short Bar - This is a bar approximately 16 inches with a single groove and receiver ring in the middle of it
36	Triceps Rope - A traditional tricep rope with a receiver ring
38	Single Handles - Traditional handles with a receiver ring
39	Ankle Cuffs- Cushioned cuffs with a receiver ring on each
40	EZ Curl Bar - Just like the barbell just with an ergonomic shape
42	Pull-Down Bar- A traditional pull down bar with a receiver ring
44	Belt - A belt to be used for leg presses with a receiver rings on each side of it
46	Tricep Bar- A traditional tricep bar with a receiver rings
48	Close Grip Handle - A traditional close grip handle with an area to accept multiple resistance band clips
50	Accessory - The accessory can be use two different ways. The first way is as an overhead pull down device. The cloth straps can be placed between a door and a door frame. The protrusion in each strap prevents the strap from pulling through the door opening when the door is closed. There are two swing arms which resistance bands housing units can be secured to. The second way to use the accessory is as a leg exerciser. This is accomplished by clasping it around the front foot of the exercise bench and securing it via the latch and hook on the swing arms
50A	Cloth Strip - These are thin enough to fit most doorways yet strong enough to handle the load stress placed upon it
50B	Protrusion - This is sewn into the straps and prevents the straps from pulling through the doorway
50C	Swing Arm With Hook - These are just like swing arms in every respect except they have a hook portion to it to work along with the latch
50D	Latch - The latch secures the accessory around the front foot
50E	Spacer - The spacer ensures proper spacing between the straps

Having thus described a few particular embodiments of the invention, various alterations, modifications, and improvements will readily occur to those skilled in the art. Such alterations, modifications, and improvements as are made obvious by this disclosure are intended to be part of this description though not expressly stated herein, and are intended to be within the spirit and scope of the invention. Accordingly, the foregoing description is by way of example only, and not limiting. The invention is limited only as defined in the following claims and equivalents thereto.

What is claimed is:

1. A multi-purpose exercise bench, comprising:
 - a elongated frame configured to rest on a flat floor in a stable manner, said frame comprising a longitudinally-extending member supported at each end by a respective leg, at least one of said legs comprising a ground-engaging support member extending transversely to the longitudinally-extending member for engaging the floor to support the frame in the stable manner;
 - a lower seat portion supported on the frame; and
 - a resistance accessory mounted to the frame, the resistance accessory comprising:
 - a pad movably mounted to the ground-engaging support member of the frame to be movable between a first position and a second position;

a locking mechanism operable to lock the pad in either of the first position and the second position; and a plurality of resistance bands attached to the pad.

2. The multi-purpose exercise bench of claim 1, further comprising:

at least one resistance band housing unit mounted to the pad, the resistance band housing unit comprising a hollow outer tube and a hollow inner tube positioned within the hollow outer tube, each of the plurality of resistance bands extending around the inner tube and passing transversely through a wall of the hollow outer tube.

3. The multi-purpose exercise bench of claim 1, further comprising a pair of resistance band housing units mounted to the pad, each resistance band housing unit comprising a hollow outer tube and a hollow inner tube positioned within the hollow outer tube, each of the plurality of resistance bands extending around the inner tube and passing transversely through a wall of the hollow outer tube.

4. The multi-purpose exercise bench of claim 1, wherein said pad is pivotably mounted to said frame.

5. The multi-purpose exercise bench of claim 4, wherein a portion of said pad nests within a respective portion of said frame to pivotably interconnect said pad with said frame.

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6. The multi-purpose exercise bench of claim 5, wherein said frame comprises a first flange defining a first plurality of holes, and wherein said pad comprises a second flange defining a second plurality of holes, wherein respective ones of said first and second plurality of holes may be aligned by pivoting said pad relative to said frame.

7. The multi-purpose exercise bench of claim 6, wherein said locking mechanism comprises a bolt translatable between a locked position, in which said bolt passes through aligned holes of said first and second flanges, and an unlocked position, in which said bolt does not pass through any holes of said first and second flanges.

8. The multi-purpose exercise bench of claim 7, wherein said locking mechanism comprises a toothed lever having teeth engaging teeth of the bolt, said lever being pivotable to cause translation of the bolt responsive to pivoting of the lever.

9. The multi-purpose exercise bench of claim 1, wherein said pad comprises a first portion and a second portion hingedly joined to said first portion and pivotable between a first and second position relative to said first portion, movement of said second portion relative to said first portion being limited by a stop mounted to said pad.

10. The multi-purpose exercise bench of claim 1, further comprising a backrest portion supported on the frame, the backrest portion being supported on the frame by a quick-release mechanism permitting tool-free removal of the backrest portion from the frame.

11. The multi-purpose exercise bench of claim 10, wherein the quick-release mechanism comprises at least one retaining pin supported on the frame, and at least one pin receiver supported on the backrest portion.

12. The multi-purpose exercise bench of claim 11, wherein the at least one retaining pin has a major dimension greater than a minor dimension.

13. The multi-purpose exercise bench of claim 11, wherein the at least one retaining pin has a major dimension at least two times greater than a minor dimension.

14. The multi-purpose exercise bench of claim 11, wherein the at least one retaining pin is substantially oval in cross-section.

15. The multi-purpose exercise bench of claim 11, wherein the at least one pin receiver has a generally C-shaped cross-section defining an opening for admitting passage of the at least one retaining pin.

16. The multi-purpose exercise bench of claim 1, further comprising a swing arm assembly for attaching the plurality of resistance bands to the pad, the swing arm assembly comprising:

a swing arm plate joined to the pad, the swing arm plate comprising a swing arm pin lock defining a curved path; and

a swing arm pin having a first end captured by the swing arm plate, and a second end movable between an open position in which the second end is free of the curved path so that the plurality of resistance bands can be looped over the swing arm pin, and a closed position in which the second end is captured within the curved path by the swing arm plate so that the plurality of resistance bands is retained by the swing arm pin.

17. A multi-purpose exercise bench, comprising:

an elongated frame configured to rest on a flat floor in a stable manner, said frame comprising a longitudinally-extending frame rail supported at each end by a respective leg, at least one of said legs comprising a ground-engaging support member extending transversely to the

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longitudinally-extending frame rail for engaging the floor during use to support the frame in the stable manner;

a lower seat portion supported on the frame; and

a resistance accessory mounted to the ground-engaging support member of the frame, the resistance accessory comprising:

a pad pivotably mounted to the ground-engaging support member of the frame to be pivotable, about an axis extending transversely to the longitudinally-extending frame rail, between a first position and a second position;

a locking mechanism operable to lock the pad in either of the first position and the second position; and

a plurality of resistance bands attached to the pad.

18. The multi-purpose exercise bench of claim 17, further comprising:

at least one resistance band housing unit mounted to the pad.

19. The multi-purpose exercise bench of claim 18, further comprising a swing arm assembly for attaching the plurality of resistance bands to the pad, the swing arm assembly comprising:

a swing arm plate joined to the pad, the swing arm plate comprising a swing arm pin lock defining a curved path; and

a swing arm pin having a first end captured by the swing arm plate, and a second end movable between an open position in which the second end is free of the curved path so that the plurality of resistance bands can be looped over the swing arm pin, and a closed position in which the second end is captured within the curved path by the swing arm plate so that the plurality of resistance bands is retained by the swing arm pin.

20. The multi-purpose exercise bench of claim 19, the resistance band housing unit comprising a hollow outer tube and a hollow inner tube positioned within the hollow outer tube, each of the plurality of resistance bands extending around the inner tube and passing transversely through a wall of the hollow outer tube.

21. The multi-purpose exercise bench of claim 20, wherein said pad comprises a first portion and a second portion hingedly joined to said first portion and pivotable between a first and second position relative to said first portion, movement of said second portion relative to said first portion being limited by a stop mounted to said pad.

22. A multi-purpose exercise bench, comprising:

an elongated frame configured to rest on a flat floor in a stable manner;

a lower seat portion supported on the frame; and

a resistance accessory mounted to the frame, the resistance accessory comprising:

a pad movably mounted to the frame to be movable between a first position and a second position;

a locking mechanism operable to lock the pad in either of the first position and the second position;

a plurality of resistance bands attached to the pad;

a swing arm assembly for attaching the plurality of resistance bands to the pad, the swing arm assembly comprising:

a swing arm plate joined to the pad, the swing arm plate comprising a swing arm pin lock defining a curved path; and

a swing arm pin having a first end captured by the swing arm plate, and a second end movable between an open position in which the second end is free of the curved path so that the plurality of

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resistance bands can be looped over the swing arm pin, and a closed position in which the second end is captured within the curved path by the swing arm plate so that the plurality of resistance bands is retained by the swing arm pin.

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